

Latest Update:		15/6/2022									
Nutritional information		Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohyd rate (g)	Carbohyd rates of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalen t (g)	Fibre (g)
POPCORN per serving											
Minions Merchandise Popcorn Tin		The Minions Merchandise Popcorn Tin holds a 'Regular' size Popcorn. For the nutritional information specific to your choice of Popcorn please refer to the 'Regular' size in our Nutritional Information document.									
Sweet Popcorn Kids Mix - 47g		987.45	236.19	10.27	0.79	28.84	9.18	3.90	0.20	0.51	6.37
Salt Popcorn Kids Mix - 29g		661.21	157.81	5.87	0.48	19.84	0.18	3.75	0.20	0.51	5.33
Sweet Popcorn Regular - 87g		1687.73	403.74	17.70	1.36	48.88	15.71	6.67	0.33	0.84	11.01
Salt Popcorn Regular - 54g		1054.47	251.67	9.40	0.77	31.59	0.29	5.96	0.33	0.82	8.50
Sweet Popcorn Medium - 176g		3678.48	879.56	37.28	2.86	109.88	34.14	14.51	0.84	2.09	22.98
Salt Popcorn Medium - 110g		2331.79	556.52	20.60	1.68	70.13	0.60	13.30	0.71	1.78	18.79
Sweet Popcorn Large - 298g		5723.60	1368.78	58.66	4.50	169.30	53.17	22.58	1.25	3.12	36.27
Salt Popcorn Large - 199g		3332.79	795.43	29.57	2.43	100.04	0.89	18.92	1.03	2.57	26.86
Kids Mix Sweet Popped 44g		2186.08	527.56	39.60	33.44	38.37	12.76	4.22	0.00	0.00	5.28
Regular Sweet Popped 90g		2340.80	560.60	22.36	16.72	80.52	26.60	8.88	0.00	0.00	11.12
Medium Sweet Popped 160g		4220.30	1010.85	40.99	30.80	143.90	47.85	15.82	0.00	0.00	19.81
Large Sweet Popped 277g		7475.82	1790.74	73.08	55.00	253.89	84.04	27.97	0.00	0.00	35.03
Kids Mix Salt Popped 28g		585.45	140.92	7.89	6.17	15.04	0.97	2.32	0.00	0.00	2.90
Regular Salt Popped 56g		1152.60	277.44	15.54	12.15	29.61	1.91	4.56	0.00	0.00	5.71
Medium Salt Popped 114g		2346.36	564.78	31.63	24.74	60.28	3.89	9.29	0.00	0.00	11.63
Large Salt Popped 174g		3588.14	863.69	48.37	37.84	92.18	5.94	14.20	0.00	0.00	17.79
ButterWhirl ROI - 10g		340.40	82.80	9.20	2.10	0.00	0.00	0.00	0.05	0.13	0.00
ButterWhirl ROI - 20g		680.80	165.60	18.40	4.20	0.00	0.00	0.00	0.10	0.26	0.00
ButterWhirl ROI - 30g		1021.20	248.40	27.60	6.30	0.00	0.00	0.00	0.15	0.38	0.00
Smarties Hexatubes 38g		749.74	178.60	7.14	4.33	25.84	23.86	2.39	0.02	0.05	0.68
Rolo Tube 36g		721.44	172.08	7.45	4.10	24.26	20.88	1.73	0.05	0.12	0.43
Cadbury Dairy Milk Giant Buttons Chocolate Bag 40g		893.60	214.00	12.00	7.20	22.80	22.40	2.92	0.04	0.10	0.84
Kit Kat Pops 100g		2174.00	520.00	28.40	15.70	57.10	45.10	7.70	0.07	0.17	2.70
Cadburys Mini Eggs Carton 38.3g		793.58	189.20	8.04	4.98	26.81	26.43	1.61	0.02	0.06	0.61
Oreos 33g (Delisted)		660.33	147.51	6.27	1.72	22.77	12.54	1.72	0.00	0.24	0.99
FILM FOOD											
Hot Dog (per serving)											
Large Pork Hot Dog - 120g		1478.40	357.60	32.40	14.40	0.60	0.60	15.60	0.91	2.28	4.80
Side Sliced Jumbo Hot Dog Roll 85g		940.95	222.70	2.72	0.94	43.01	3.83	7.48	0.25	0.62	1.87
Nachos (per serving)											
Medium Tortilla Chips - 110g		2124.10	508.20	20.13	1.65	72.27	2.31	5.83	0.47	1.21	7.26
Large Tortilla Chips - 150g		2896.50	693.00	27.45	2.25	98.55	3.15	7.95	0.65	1.65	9.90
Hot Food (per serving)											
Chicken Strips Southern Fried Portion 3 - 120g		1112.40	265.20	11.88	5.16	19.20	0.96	19.20	0.62	1.56	0.00
Chicken Strips Southern Fried Portion 6 - 240g		2224.80	530.40	23.76	10.32	38.40	1.92	38.40	1.25	3.12	0.00
Chicken Strips Classic Sub - 160g		1483.20	353.60	15.84	6.88	25.60	1.28	25.60	0.83	2.08	0.00
Side of Mozzarella Sticks - 67g		879.71	210.38	11.06	4.22	18.63	1.21	8.58	0.36	0.90	1.07
Mozzarella Sticks Portion of 7 117g		1536.21	367.38	19.31	7.37	32.53	2.11	14.98	0.63	1.58	1.87
Side of McCains Our Menu Siq Crispers 170g		1697.50	406.00	16.10	1.23	56.00	1.05	4.90	0.46	1.16	6.83
Rapeseed Cooking Oil - 100g		3404.00	828.00	92.00	7.00	0.00	0.00	0.00	0.00	0.00	0.00
Pizzella Margherita 200g		2098.00	498.20	13.80	8.20	72.00	18.40	19.40	1.35	3.38	4.20
Pizzella Pepperoni 225g		2203.43	524.03	16.88	8.33	56.93	20.03	33.53	1.52	3.80	5.18
Moving Mountains Vegan Burger -113.5g (Only at Select Cinemas)		1270.07	306.45	22.47	19.98	6.92	0.68	16.23	0.50	1.25	5.68
Chef's Larder Gourmet Burger Bun - 89g (Only at Select Cinemas)		975.44	230.51	3.92	1.42	40.05	3.12	8.01	0.29	0.72	1.42
Bridor Butter Croissant 50g (Only at Tottenham Court Rd)		765.50	183.00	9.80	6.25	19.05	2.85	3.76	0.20	0.51	1.09
Toppings (per serving)											
Jalapenos - 77g		65.45	15.40	0.00	0.00	3.08	1.54	0.00	0.75	1.89	1.54
Chunky Salsa - 142g		411.80	99.40	0.00	0.00	19.88	10.51	1.85	1.24	3.12	2.56
Mexican Salsa - 142g (Replacing the Chunky Salsa)		414.64	97.98	0.28	0.14	20.31	12.35	1.70	0.88	2.20	2.13
Creamy Garlic and Herb dip - 142g		940.04	227.20	20.31	12.92	5.54	2.41	5.54	0.57	1.56	0.43
Vegetarian Mature Cheese Sauce - 142g		1086.30	261.28	19.31	10.51	3.55	0.85	18.03	1.14	2.70	0.28
Violife Mature Slices - 25g (Only at Select Cinemas)		297.50	71.25	5.75	5.25	5.00	0.00	0.00	0.23	0.58	0.00
Guacamole-142g		903.12	215.84	19.88	3.12	10.51	2.70	2.13	0.62	1.56	5.96
Onions - 142g		106.50	25.56	0.00	0.00	2.13	1.85	2.13	0.01	0.01	4.26
Vegetarian Mature Cheese Sauce Mini Pots - 110g		841.50	202.40	14.96	8.14	2.75	0.66	13.97	0.88	2.09	0.22
Gherkins - 142g		249.92	58.22	0.28	0.00	13.21	13.21	0.85	0.21	0.57	1.99
Toppings (Condiments)											

Latest Update:		15/6/2022									
		<p>This nutritional information is based on standard average portion size however different serving methods may result in minor variations to actual portion size and therefore nutritional values. While every effort is made to keep this information up to date, from time to time there may be changes to pack size, portion size or product ingredients. Nutritional information is compiled using data received from suppliers and we cannot accept liability for its accuracy or completeness.</p> <p>Please note - not all products are available in all cinemas and some promotional, regional and trial products may not be listed. If you have any queries about the information provided contact ODEON Guest Services (Email: GS@Odeon.co.uk Post: FREEPOST ODEON)</p>									
Nutritional information		Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohydrate rate (g)	Carbohydrate of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalent (g)	Fibre (g)
Chef's Larder Tomato Ketchup -13g		45.11	10.66	0.07	0.01	2.47	1.56	0.09	0.07	0.18	0.00
Chef's Larder American-Style Mustard - 13g		35.75	8.58	0.55	0.04	0.14	0.08	0.52	0.15	0.38	0.53
HP Texan BBQ Sauce - 10ml		68.60	16.20	0.01	0.01	3.90	3.40	0.10	0.05	0.13	0.00
Heinz Tomato Ketchup Opaque - 10ml		43.50	10.20	0.01	0.01	2.32	2.28	0.12	0.07	0.18	0.00
Mayonnaise Sachet - 10ml		272.90	66.30	7.20	0.58	0.30	0.29	0.10	0.05	0.12	0.00
Heniz Tomato Ketchup Sachet - 10ml		43.50	10.20	0.01	0.01	2.32	2.28	0.12	0.07	0.18	0.00
Frenchs Classic Mustard - 10g		34.60	8.30	0.52	0.03	0.25	0.10	0.38	0.12	0.29	0.00
Odeon Silver Cinema (Tea & Coffee)											
Typhoo Tea Bag - 2.27g		0.02	0.11	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
White Sugar - 10g		170.00	40.00	0.00	0.00	10.00	10.00	0.00	0.00	0.00	0.00
Nescafe Coffee Tub - 10g		48.40	11.80	0.02	0.01	0.31	0.31	0.78	0.03	0.00	3.41
Lotus Biscuits - 6.26g		127.20	30.30	1.19	0.50	4.54	2.39	0.31	0.06	0.00	0.08
Semi Skimmed Milk - 10g		19.50	4.60	0.17	0.11	0.47	0.47	0.35	0.00	0.01	0.00
Skimmed Milk - 10g		13.60	3.20	0.02	0.01	0.44	0.44	0.34	0.00	0.01	0.00
Whole Milk - 10g		27.40	6.60	0.39	0.25	0.45	0.45	0.33	0.00	0.01	0.00
SAHARA NUTS											
Wheat coated peanuts with sweet chili taste - 15g		313.05	75.00	4.41	0.62	6.32	1.04	2.09	0.00	0.62	0.74
Wheat coated peanuts with sweet chili taste - 12g		250.44	60.00	3.53	0.49	5.05	0.83	1.67	0.00	0.49	0.59
Wheat coated peanuts with sweet chili taste - 9g		187.83	45.00	2.65	0.37	3.79	0.62	1.25	0.00	0.37	0.44
LINDT CHOCOLATE (Per chocolate)											
Lindt Milk Truffles - 12.5g		323.38	77.88	5.88	4.38	5.50	5.38	0.61	0.01	0.03	0.00
Lindt White Truffles - 12.5g		330.38	79.50	6.00	4.63	5.63	5.50	0.46	0.01	0.03	0.00
Lindt Mint Truffles - 12.5g		323.00	77.75	5.88	4.25	5.50	5.38	0.61	0.01	0.03	0.00
Lindt Strawberries & Cream Truffles - 12.5g		327.50	78.88	6.00	4.50	5.63	5.50	0.49	0.01	0.03	0.00
Lindt Milk & White Truffles - 12.5g		325.88	78.50	6.00	4.38	5.38	5.38	0.63	0.01	0.03	0.00
Lindt Salted Caramel Truffles - 12.5g		323.63	65.38	5.88	4.38	5.38	5.25	0.61	0.02	0.06	0.00
Lindt Double Chocolate Truffles - 12.5g		328.25	79.13	6.25	4.63	4.75	4.50	0.70	0.01	0.02	0.00
PICK N MIX											
Black & Raspberries (Per Sweet)		66.50	15.65	0.01	0.01	3.60	2.60	0.26	0.00	0.00	0.00
Blue Raspberry Bonbons (Per Sweet)		85.35	20.10	0.25	0.21	4.35	3.55	0.00	0.00	0.00	0.00
Bunnies (Per Sweet)		103.53	24.36	0.01	0.01	5.88	3.64	0.02	0.01	0.04	0.00
Cherries (Per Sweet)		181.35	42.51	0.03	0.03	9.88	7.54	0.66	0.00	0.00	0.00
Cola Bottle (Per Sweet)		133.40	31.40	0.04	0.04	7.10	5.20	0.51	0.00	0.01	0.00
Crispy Bite (Per Sweet)		243.88	57.85	1.95	1.30	9.62	8.06	0.36	0.01	0.05	0.00
Fizzy Bubblegum Bottles (Per Sweet)		114.00	26.80	0.00	0.00	6.16	4.96	0.43	0.02	0.03	0.00
Fizzy Cherry Bottles (Per Sweet)		163.08	38.52	0.01	0.01	8.88	6.72	0.55	0.00	0.00	0.00
Fizzy Cola Bottles (Per Sweet)		163.20	38.52	0.04	0.02	8.88	6.72	0.55	0.00	0.00	0.00
Fizzy Dummies (Per Sweet)		257.64	60.80	0.00	0.00	14.25	10.64	0.91	0.00	0.00	0.00
Flowers (Per Sweet)		110.24	25.92	0.02	0.02	5.92	4.48	0.42	0.01	0.01	0.00
Giant Cola Bottles (Per Sweet)		374.36	87.64	0.14	0.14	19.88	14.56	1.48	0.00	0.03	0.00
Giant Snowies (Per Sweet)		124.80	29.76	1.32	1.14	4.26	3.36	0.17	0.01	0.02	0.00
Gourmet Jelly Beans Premium (Per 10g Portion)		160.00	37.70	0.01	0.01	9.30	7.70	0.01	0.01	0.02	0.00
Juicy Strawberries (Per Sweet)		142.30	33.50	0.01	0.01	8.40	5.50	0.00	0.00	0.01	0.00
Milk Chocolate Beans (Per 10g Portion)		190.90	45.40	1.40	0.85	7.70	7.40	0.35	0.01	0.01	0.00
Milk Chocolate Mini Eggs (Per 10g Portion)		201.00	48.10	1.97	1.21	7.07	6.97	0.47	0.01	0.02	0.00
Milk Chocolate Raisins (Per 10g Portion)		183.40	43.70	1.60	0.97	6.70	6.10	0.41	0.01	0.02	0.00
Milk Chocolate Toffee Chews (Per 10g Portion)		195.00	46.60	1.70	1.00	7.20	6.00	0.31	0.02	0.04	0.00
Mini Strawberry Cables (Per Sweet)		309.00	74.00	0.66	0.62	16.40	12.80	0.22	0.02	0.02	0.00
Partymix (Per 10g Portion)		142.30	33.50	0.03	0.02	7.60	4.90	0.50	0.00	0.00	0.00
Rainbox Mix (Per 10g Portion)		146.10	34.40	0.02	0.01	8.40	6.00	0.00	0.01	0.01	0.00
Red Metre (Per Sweet)		703.00	165.50	0.45	0.45	38.00	25.00	1.15	0.20	0.45	0.00
Smileys (Per Sweet)		71.15	16.85	0.01	0.01	4.20	3.00	0.00	0.01	0.01	0.00
Sour Cherries (Per Sweet)		82.80	19.50	0.00	0.00	4.50	3.36	0.36	0.01	0.01	0.00
Sour Dracula Teeth (Per 10g Portion)		139.60	32.80	0.01	0.01	7.90	5.70	0.01	0.00	0.00	0.00
Strawberry Bonbons (Per Sweet)		85.15	20.10	0.25	0.21	4.35	3.60	0.00	0.00	0.00	0.00
Strawberry Rocketz (Per Sweet)		259.04	61.12	0.50	0.43	13.76	10.88	0.22	0.02	0.03	0.00
Stretchy Snakes (Per Sweet)		559.20	131.60	0.08	0.08	30.80	21.60	2.16	0.00	0.04	0.00
Sugared Strawberries (Per Sweet)		148.00	35.00	0.00	0.00	8.80	6.70	0.00	0.01	0.02	0.00
Teddy Bears (Per Sweet)		39.90	9.39	0.01	0.01	2.16	1.56	0.16	0.00	0.00	0.00

Latest Update:		15/6/2022									
		<p>This nutritional information is based on standard average portion size however different serving methods may result in minor variations to actual portion size and therefore nutritional values. While every effort is made to keep this information up to date, from time to time there may be changes to pack size, portion size or product ingredients. Nutritional information is compiled using data received from suppliers and we cannot accept liability for its accuracy or completeness.</p> <p>Please note - not all products are available in all cinemas and some promotional, regional and trial products may not be listed. If you have any queries about the information provided contact ODEON Guest Services (Email: GS@Odeon.co.uk Post: FREEPOST ODEON)</p>									
Nutritional information		Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohyd rate (g)	Carbohyd rates of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalen t (g)	Fibre (g)
Vanilla Fudge (Per Sweet)		259.56	61.32	1.82	1.54	10.92	9.66	0.22	0.03	0.08	0.00
Watermelon slices (Per Sweet)		87.42	20.58	0.01	0.01	4.62	3.48	0.43	0.01	0.01	0.00
BEN & JERRY SCOOPED ICE CREAM											
Ben & Jerry's (per 85g scoop)											
Caramel Chew Chew - 85g		1020.00	238.00	13.60	9.35	25.50	22.10	2.98	0.07	0.19	0.00
Cherry Garcia - 85g		850.00	204.00	11.90	7.65	21.25	21.25	2.98	0.04	0.09	0.00
Chocolate Fudge Brownie - 85g		880.60	209.95	11.05	6.55	25.50	22.95	3.57	0.06	0.16	0.00
Cookie Dough - 85g		935.00	229.50	12.75	7.65	25.50	21.25	3.40	0.06	0.14	0.00
Cookie Dough Chunks - 40g		707.60	169.20	6.00	2.68	26.80	16.00	1.60	0.07	0.17	0.00
Double Caramel Brownie - 85g		913.75	217.60	11.05	6.80	26.35	23.80	3.40	0.14	0.36	0.00
Hazel Nuttin' But Chocolate - 85g		1472.20	351.90	17.85	3.32	42.50	33.15	5.87	0.20	0.48	0.00
Peanut Butter Cup - 85g		1190.00	280.50	18.70	11.05	21.25	19.55	5.95	0.17	0.42	0.00
Phish Food - 85g		935.00	229.50	11.05	7.65	28.90	22.95	3.40	0.05	0.14	0.00
Strawberry Cheesecake - 85g		850.00	212.50	11.90	5.95	22.95	20.40	2.55	0.22	0.56	0.00
Vanilla Fairtrade - 85g		828.75	197.20	12.75	8.16	17.00	17.00	3.40	0.05	0.12	0.00
Vanilla Pecan Blondie - 85g		963.90	229.50	13.60	7.48	23.80	21.25	3.49	0.13	0.31	0.00
Moophoria Poppin Popcorn - 85g		763.30	181.90	6.89	4.76	27.20	21.25	2.81	0.11	0.27	0.00
Non Dairy Cookies on Cookie Dough - 85g		954.55	226.95	11.90	7.40	28.05	19.55	1.62	0.05	0.12	0.00
Toppings (per serving)											
Cookie Dough Chunks - 10g		176.90	42.30	1.50	0.67	6.70	4.00	0.40	0.02	0.04	0.00
Caramel Fudge Sauce -35g		459.55	109.90	3.15	2.45	19.95	9.45	0.35	0.04	0.09	0.00
Chocolate Sauce (Paste) - 35g		449.40	107.45	3.12	2.21	17.50	13.30	1.75	0.02	0.05	0.00
Hazelnut Crunch - 15g		314.10	75.00	3.00	0.15	11.25	10.65	0.45	0.00	0.00	0.00
Milk Chocolate Peace Sign Shapes - 12g		265.92	63.60	3.60	2.28	6.72	6.72	0.96	0.01	0.03	0.00
Rainbow Sprinkles - 15g		256.65	61.35	0.15	0.15	14.70	14.70	0.04	0.01	0.03	0.00
Sugar Cones - 10g		172.00	40.00	0.70	0.05	8.50	3.70	0.60	0.02	0.05	0.00
Waffle Cones - 22g		378.18	89.54	1.32	1.10	17.38	5.94	1.54	0.03	0.08	0.00
White Chocolate Hearts - 15g		347.25	82.95	4.95	3.15	8.85	8.85	0.75	0.00	0.01	0.00
Waffle Vanilla Dough - 4g		61.60	14.68	0.68	0.36	1.96	0.24	0.20	0.01	0.02	0.00
Whipping Cream - 35g		548.80	133.35	14.11	8.93	0.95	0.95	0.70	0.01	0.04	0.00
DISPENSED DRINKS											
Coca Cola Dispensed Drinks Per Serving											
Minions Merchandise Cup - 22oz		The Minions Merchandise Cup holds a 22oz drink. For the nutritional information specific to your choice of drink please refer to the 22oz 'Regular' size in our Nutritional Information document.									
Kids Mix Coke - 12oz		594.00	138.60	0.00	0.00	34.98	34.98	0.00	0.00	0.00	0.00
Regular Coke - 22oz		900.00	210.00	0.00	0.00	53.00	53.00	0.00	0.00	0.00	0.00
Medium Coke - 32oz		1350.00	315.00	0.00	0.00	79.50	79.50	0.00	0.00	0.00	0.00
Large Coke - 44oz		1800.00	420.00	0.00	0.00	106.00	106.00	0.00	0.00	0.00	0.00
Kids Mix Coke Zero - 12oz		4.62	0.99	0.00	0.00	0.00	0.00	0.00	0.03	0.07	0.00
Regular Coke Zero - 22oz		7.00	1.50	0.00	0.00	0.00	0.00	0.00	0.04	0.10	0.00
Medium Coke Zero - 32oz		10.50	2.25	0.00	0.00	0.00	0.00	0.00	0.06	0.15	0.00
Large Coke Zero - 44oz		14.00	3.00	0.00	0.00	0.00	0.00	0.00	0.08	0.20	0.00
Kids Mix Diet Coke - 12oz		4.62	0.99	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Regular Diet Coke - 22oz		7.00	1.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Medium Diet Coke - 32oz		10.50	2.25	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Large Diet Coke - 44oz		14.00	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Kids Mix Fanta Orange - 12oz		264.00	62.70	0.00	0.00	14.85	14.85	0.00	0.03	0.07	0.00
Regular Fanta Orange - 22oz		400.00	95.00	0.00	0.00	22.50	22.50	0.00	0.04	0.10	0.00
Medium Fanta Orange - 32oz		600.00	142.50	0.00	0.00	33.75	33.75	0.00	0.06	0.15	0.00
Large Fanta Orange - 44oz		800.00	190.00	0.00	0.00	45.00	45.00	0.00	0.08	0.20	0.00
Kids Mix Sprite Zero - 12oz		16.50	3.30	0.00	0.00	0.00	0.00	0.00	0.03	0.07	0.00
Regular Sprite Zero - 22oz		25.00	5.00	0.00	0.00	0.00	0.00	0.00	0.04	0.10	0.00
Medium Sprite Zero - 32oz		37.50	7.50	0.00	0.00	0.00	0.00	0.00	0.06	0.15	0.00
Large Sprite Zero - 44oz		50.00	10.00	0.00	0.00	0.00	0.00	0.00	0.08	0.20	0.00
Kids Mix Fanta Orange Zero - 12oz		16.50	3.30	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Regular Fanta Orange Zero - 22oz		25.00	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Medium Fanta Orange Zero - 32oz		37.50	7.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Large Fanta Orange Zero - 44oz		50.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coca Cola Freestyle Per Serving											
Minions Merchandise Cup - 22oz		The Minions Merchandise Cup holds a 22oz drink. For the nutritional information specific to your choice of drink please refer to the 22oz 'Regular' size in our Nutritional Information document.									

Latest Update:

15/6/2022

This nutritional information is based on standard average portion size however different serving methods may result in minor variations to actual portion size and therefore nutritional values. While every effort is made to keep this information up to date, from time to time there may be changes to pack size, portion size or product ingredients. Nutritional information is compiled using data received from suppliers and we cannot accept liability for its accuracy or completeness.
Please note - not all products are available in all cinemas and some promotional, regional and trial products may not be listed. If you have any queries about the information provided contact ODEON Guest Services (Email: GS@Odeon.co.uk Post: FREEPOST ODEON)

Nutritional information	Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohydrate rate (g)	Carbohydrate rates of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalent (g)	Fibre (g)
Regular Coca Cola - 22oz Freestyle	985.00	230.00	Neqliable	Neqliable	58.00	58.00	Neqliable	0.02	0.05	0.00
Medium Coca Cola - 32oz Freestyle	1477.50	345.00	Neqliable	Neqliable	87.00	87.00	Neqliable	0.03	0.08	0.00
Large Coca Cola - 44oz Freestyle	1970.00	460.00	Neqliable	Neqliable	116.00	116.00	Neqliable	0.04	0.10	0.00
Regular Diet Coke - 22oz Freestyle	5.00	1.50	Neqliable	Neqliable	0.00	0.00	Neqliable	0.02	0.05	0.00
Medium Diet Coke - 32oz Freestyle	7.50	2.25	Neqliable	Neqliable	0.00	0.00	Neqliable	0.03	0.08	0.00
Large Diet Coke - 44oz Freestyle	10.00	3.00	Neqliable	Neqliable	0.00	0.00	Neqliable	0.04	0.10	0.00
Regular Diet Coke Cherry - 22oz Freestyle	50.00	10.00	Neqliable	Neqliable	1.00	0.50	Neqliable	0.02	0.05	0.00
Medium Diet Coke Cherry - 32oz Freestyle	75.00	15.00	Neqliable	Neqliable	1.50	0.75	Neqliable	0.03	0.08	0.00
Large Diet Coke Cherry - 44oz Freestyle	100.00	20.00	Neqliable	Neqliable	2.00	1.00	Neqliable	0.04	0.10	0.00
Regular Diet Coke Vanilla - 22oz Freestyle	50.00	10.00	Neqliable	Neqliable	1.50	0.00	Neqliable	0.02	0.05	0.00
Medium Diet Coke Vanilla - 32oz Freestyle	75.00	15.00	Neqliable	Neqliable	2.25	0.00	Neqliable	0.03	0.08	0.00
Large Diet Coke Vanilla - 44oz Freestyle	100.00	20.00	Neqliable	Neqliable	3.00	0.00	Neqliable	0.04	0.10	0.00
Regular Diet Coke Raspberry - 22oz Freestyle	30.00	5.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.02	0.05	0.00
Medium Diet Coke Raspberry - 32oz Freestyle	45.00	7.50	Neqliable	Neqliable	1.50	0.00	Neqliable	0.03	0.08	0.00
Large Diet Coke Raspberry - 44oz Freestyle	60.00	10.00	Neqliable	Neqliable	2.00	0.00	Neqliable	0.04	0.10	0.00
Regular Diet Coke Lime - 22oz Freestyle	25.00	5.00	Neqliable	Neqliable	0.00	0.00	Neqliable	0.02	0.05	0.00
Medium Diet Coke Lime - 32oz Freestyle	37.50	7.50	Neqliable	Neqliable	0.00	0.00	Neqliable	0.03	0.08	0.00
Large Diet Coke Lime - 44oz Freestyle	50.00	10.00	Neqliable	Neqliable	0.00	0.00	Neqliable	0.04	0.10	0.00
Regular Diet Coke Cherry Vanilla - 22oz Freestyle	40.00	10.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.02	0.05	0.00
Medium Diet Coke Cherry Vanilla - 32oz Freestyle	60.00	15.00	Neqliable	Neqliable	1.50	0.00	Neqliable	0.03	0.08	0.00
Large Diet Coke Cherry Vanilla - 44oz Freestyle	80.00	20.00	Neqliable	Neqliable	2.00	0.00	Neqliable	0.04	0.10	0.00
Regular Diet Coke Orange - 22oz Freestyle	10.00	2.00	Neqliable	Neqliable	0.50	0.00	Neqliable	0.02	0.05	0.00
Medium Diet Coke Orange - 32oz Freestyle	15.00	3.00	Neqliable	Neqliable	0.75	0.00	Neqliable	0.03	0.08	0.00
Large Diet Coke Orange - 44oz Freestyle	20.00	4.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.04	0.10	0.00
Regular Coca Cola Zero Sugar - 22oz Freestyle	5.00	1.50	Neqliable	Neqliable	0.00	0.00	Neqliable	0.02	0.05	0.00
Medium Coca Cola Zero Sugar - 32oz Freestyle	7.50	2.25	Neqliable	Neqliable	0.00	0.00	Neqliable	0.03	0.08	0.00
Large Coca Cola Zero Sugar - 44oz Freestyle	10.00	3.00	Neqliable	Neqliable	0.00	0.00	Neqliable	0.04	0.10	0.00
Regular Coca Cola Zero Sugar Cherry - 22oz Freestyle	45.00	10.00	Neqliable	Neqliable	1.00	0.50	Neqliable	0.04	0.10	0.00
Medium Coca Cola Zero Sugar Cherry - 32oz Freestyle	67.50	15.00	Neqliable	Neqliable	1.50	0.75	Neqliable	0.06	0.15	0.00
Large Coca Cola Zero Sugar Cherry - 44oz Freestyle	90.00	20.00	Neqliable	Neqliable	2.00	1.00	Neqliable	0.08	0.20	0.00
Regular Coca Cola Zero Sugar Orange - 22oz Freestyle	5.00	1.50	Neqliable	Neqliable	0.50	0.00	Neqliable	0.04	0.10	0.00
Medium Coca Cola Zero Sugar Orange - 32oz Freestyle	7.50	2.25	Neqliable	Neqliable	0.75	0.00	Neqliable	0.06	0.15	0.00
Large Coca Cola Zero Sugar Orange - 44oz Freestyle	10.00	3.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.08	0.20	0.00
Regular Coca Cola Zero Sugar Vanilla - 22oz Freestyle	45.00	10.00	Neqliable	Neqliable	1.50	0.00	Neqliable	0.02	0.05	0.00
Medium Coca Cola Zero Sugar Vanilla - 32oz Freestyle	67.50	15.00	Neqliable	Neqliable	2.25	0.00	Neqliable	0.03	0.08	0.00
Large Coca Cola Zero Sugar Vanilla - 44oz Freestyle	90.00	20.00	Neqliable	Neqliable	3.00	0.00	Neqliable	0.04	0.10	0.00
Regular Coca Cola Zero Sugar Raspberry - 22oz Freestyle	25.00	5.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.02	0.05	0.00
Medium Coca Cola Zero Sugar Raspberry - 32oz Freestyle	37.50	7.50	Neqliable	Neqliable	1.50	0.00	Neqliable	0.03	0.08	0.00
Large Coca Cola Zero Sugar Raspberry - 44oz Freestyle	50.00	10.00	Neqliable	Neqliable	2.00	0.00	Neqliable	0.04	0.10	0.00
Regular Coca Cola Zero Sugar Lemon - 22oz Freestyle	5.00	1.50	Neqliable	Neqliable	0.00	0.00	Neqliable	0.02	0.05	0.00
Medium Coca Cola Zero Sugar Lemon - 32oz Freestyle	7.50	2.25	Neqliable	Neqliable	0.00	0.00	Neqliable	0.03	0.08	0.00
Large Coca Cola Zero Sugar Lemon - 44oz Freestyle	10.00	3.00	Neqliable	Neqliable	0.00	0.00	Neqliable	0.04	0.10	0.00
Regular Coca Cola Zero Sugar Lime - 22oz Freestyle	25.00	5.00	Neqliable	Neqliable	0.00	0.00	Neqliable	0.02	0.05	0.00
Medium Coca Cola Zero Sugar Lime - 32oz Freestyle	37.50	7.50	Neqliable	Neqliable	0.00	0.00	Neqliable	0.03	0.08	0.00
Large Coca Cola Zero Sugar Lime - 44oz Freestyle	50.00	10.00	Neqliable	Neqliable	0.00	0.00	Neqliable	0.04	0.10	0.00
Regular Coca Cola Zero Sugar Cherry Vanilla - 22oz Freestyle	40.00	10.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.02	0.05	0.00
Medium Coca Cola Zero Sugar Cherry Vanilla - 32oz Freestyle	60.00	15.00	Neqliable	Neqliable	1.50	0.00	Neqliable	0.03	0.08	0.00
Large Coca Cola Zero Sugar Cherry Vanilla - 44oz Freestyle	80.00	20.00	Neqliable	Neqliable	2.00	0.00	Neqliable	0.04	0.10	0.00
Regular Coca Cola Zero Sugar Peach - 22oz Freestyle	30.00	5.00	Neqliable	Neqliable	0.50	0.00	Neqliable	0.02	0.05	0.00
Medium Coca Cola Zero Sugar Peach - 32oz Freestyle	45.00	7.50	Neqliable	Neqliable	0.75	0.00	Neqliable	0.03	0.08	0.00
Large Coca Cola Zero Sugar Peach - 44oz Freestyle	60.00	10.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.04	0.10	0.00
Regular Diet Coke Caffeine Free - 22oz Freestyle	5.00	1.50	Neqliable	Neqliable	0.00	0.00	Neqliable	0.02	0.05	0.00
Medium Diet Coke Caffeine Free - 32oz Freestyle	7.50	2.25	Neqliable	Neqliable	0.00	0.00	Neqliable	0.03	0.08	0.00
Large Diet Coke Caffeine Free - 44oz Freestyle	10.00	3.00	Neqliable	Neqliable	0.00	0.00	Neqliable	0.04	0.10	0.00
Regular Diet Coke Caffeine Free Cherry - 22oz Freestyle	50.00	10.00	Neqliable	Neqliable	1.00	0.50	Neqliable	0.02	0.05	0.00
Medium Diet Coke Caffeine Free Cherry - 32oz Freestyle	75.00	15.00	Neqliable	Neqliable	1.50	0.75	Neqliable	0.03	0.08	0.00
Large Diet Coke Caffeine Free Cherry - 44oz Freestyle	100.00	20.00	Neqliable	Neqliable	2.00	1.00	Neqliable	0.04	0.10	0.00
Regular Diet Coke Caffeine Free Vanilla - 22oz Freestyle	50.00	10.00	Neqliable	Neqliable	1.50	0.00	Neqliable	0.02	0.05	0.00
Medium Diet Coke Caffeine Free Vanilla - 32oz Freestyle	75.00	15.00	Neqliable	Neqliable	2.25	0.00	Neqliable	0.03	0.08	0.00
Large Diet Coke Caffeine Free Vanilla - 44oz Freestyle	100.00	20.00	Neqliable	Neqliable	3.00	0.00	Neqliable	0.04	0.10	0.00
Regular Diet Coke Caffeine Free Raspberry - 22oz Freestyle	30.00	5.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.02	0.05	0.00
Medium Diet Coke Caffeine Free Raspberry - 32oz Freestyle	45.00	7.50	Neqliable	Neqliable	1.50	0.00	Neqliable	0.03	0.08	0.00
Large Diet Coke Caffeine Free Raspberry - 44oz Freestyle	60.00	10.00	Neqliable	Neqliable	2.00	0.00	Neqliable	0.04	0.10	0.00
Regular Diet Coke Caffeine Free Lime - 22oz Freestyle	25.00	5.00	Neqliable	Neqliable	0.00	0.00	Neqliable	0.02	0.05	0.00
Medium Diet Coke Caffeine Free Lime - 32oz Freestyle	37.50	7.50	Neqliable	Neqliable	0.00	0.00	Neqliable	0.03	0.08	0.00

Latest Update:

15/6/2022

This nutritional information is based on standard average portion size however different serving methods may result in minor variations to actual portion size and therefore nutritional values. While every effort is made to keep this information up to date, from time to time there may be changes to pack size, portion size or product ingredients. Nutritional information is compiled using data received from suppliers and we cannot accept liability for its accuracy or completeness.
Please note - not all products are available in all cinemas and some promotional, regional and trial products may not be listed. If you have any queries about the information provided contact ODEON Guest Services (Email: GS@Odeon.co.uk Post: FREEPOST ODEON)

Nutritional information	Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohydrate rate (g)	Carbohydrates of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalent (g)	Fibre (g)
Large Diet Coke Caffeine Free Lime - 44oz Freestyle	50.00	10.00	Neqliable	Neqliable	0.00	0.00	Neqliable	0.04	0.10	0.00
Regular Diet Coke Caffeine Free Cherrv Vanilla - 22oz Freestyle	40.00	10.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.02	0.05	0.00
Medium Diet Coke Caffeine Free Cherry Vanilla - 32oz Freestyle	60.00	15.00	Neqliable	Neqliable	1.50	0.00	Neqliable	0.03	0.08	0.00
Large Diet Coke Caffeine Free Cherry Vanilla - 44oz Freestyle	80.00	20.00	Neqliable	Neqliable	2.00	0.00	Neqliable	0.04	0.10	0.00
Regular Diet Coke Caffeine Free Orange - 22oz Freestyle	10.00	2.00	Neqliable	Neqliable	0.50	0.00	Neqliable	0.02	0.05	0.00
Medium Diet Coke Caffeine Free Orange - 32oz Freestyle	15.00	3.00	Neqliable	Neqliable	0.75	0.00	Neqliable	0.03	0.08	0.00
Large Diet Coke Caffeine Free Orange - 44oz Freestyle	20.00	4.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.04	0.10	0.00
Regular Dr Pepper - 22oz Freestyle	415.00	100.00	Neqliable	Neqliable	24.00	24.00	Neqliable	0.02	0.05	0.00
Medium Dr Pepper - 32oz Freestyle	622.50	150.00	Neqliable	Neqliable	36.00	36.00	Neqliable	0.03	0.08	0.00
Large Dr Pepper - 44oz Freestyle	830.00	200.00	Neqliable	Neqliable	48.00	48.00	Neqliable	0.04	0.10	0.00
Regular Dr Pepper Cherry - 22oz Freestyle	460.00	110.00	Neqliable	Neqliable	25.00	24.50	Neqliable	0.02	0.05	0.00
Medium Dr Pepper Cherry - 32oz Freestyle	690.00	165.00	Neqliable	Neqliable	37.50	36.75	Neqliable	0.03	0.08	0.00
Large Dr Pepper Cherry - 44oz Freestyle	920.00	220.00	Neqliable	Neqliable	50.00	49.00	Neqliable	0.04	0.10	0.00
Regular Dr Pepper Cherry Vanilla - 22oz Freestyle	450.00	105.00	Neqliable	Neqliable	25.00	24.00	Neqliable	0.02	0.05	0.00
Medium Dr Pepper Cherry Vanilla - 32oz Freestyle	675.00	157.50	Neqliable	Neqliable	37.50	36.00	Neqliable	0.03	0.08	0.00
Large Dr Pepper Cherry Vanilla - 44oz Freestyle	900.00	210.00	Neqliable	Neqliable	50.00	48.00	Neqliable	0.04	0.10	0.00
Regular Dr Pepper Strawberry - 22oz Freestyle	445.00	105.00	Neqliable	Neqliable	25.00	24.00	Neqliable	0.02	0.05	0.00
Medium Dr Pepper Strawberry - 32oz Freestyle	667.50	157.50	Neqliable	Neqliable	37.50	36.00	Neqliable	0.03	0.08	0.00
Large Dr Pepper Strawberry - 44oz Freestyle	890.00	210.00	Neqliable	Neqliable	50.00	48.00	Neqliable	0.04	0.10	0.00
Regular Dr Pepper Zero - 22oz Freestyle	10.00	2.00	Neqliable	Neqliable	0.00	0.00	Neqliable	0.02	0.05	0.00
Medium Dr Pepper Zero - 32oz Freestyle	15.00	3.00	Neqliable	Neqliable	0.00	0.00	Neqliable	0.03	0.08	0.00
Large Dr Pepper Zero - 44oz Freestyle	20.00	4.00	Neqliable	Neqliable	0.00	0.00	Neqliable	0.04	0.10	0.00
Regular Dr Pepper Zero Cherry - 22oz Freestyle	50.00	10.00	Neqliable	Neqliable	1.00	0.50	Neqliable	0.02	0.05	0.00
Medium Dr Pepper Zero Cherry - 32oz Freestyle	75.00	15.00	Neqliable	Neqliable	1.50	0.75	Neqliable	0.03	0.08	0.00
Large Dr Pepper Zero Cherry - 44oz Freestyle	100.00	20.00	Neqliable	Neqliable	2.00	1.00	Neqliable	0.04	0.10	0.00
Regular Dr Pepper Zero Cherry Vanilla - 22oz Freestyle	45.00	10.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.02	0.05	0.00
Medium Dr Pepper Zero Cherry Vanilla - 32oz Freestyle	67.50	15.00	Neqliable	Neqliable	1.50	0.00	Neqliable	0.03	0.08	0.00
Large Dr Pepper Zero Cherry Vanilla - 44oz Freestyle	90.00	20.00	Neqliable	Neqliable	2.00	0.00	Neqliable	0.04	0.10	0.00
Regular Dr Pepper Zero Strawberry - 22oz Freestyle	30.00	10.00	Neqliable	Neqliable	0.50	0.00	Neqliable	0.02	0.05	0.00
Medium Dr Pepper Zero Strawberry - 32oz Freestyle	45.00	15.00	Neqliable	Neqliable	0.75	0.00	Neqliable	0.03	0.08	0.00
Large Dr Pepper Zero Strawberry - 44oz Freestyle	60.00	20.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.04	0.10	0.00
Regular Fanta Orange - 22oz Freestyle	440.00	105.00	Neqliable	Neqliable	25.50	25.00	Neqliable	0.02	0.05	0.00
Medium Fanta Orange - 32oz Freestyle	660.00	157.50	Neqliable	Neqliable	38.25	37.50	Neqliable	0.03	0.08	0.00
Large Fanta Orange - 44oz Freestyle	880.00	210.00	Neqliable	Neqliable	51.00	50.00	Neqliable	0.04	0.10	0.00
Regular Fanta Cherry - 22oz Freestyle	460.00	110.00	Neqliable	Neqliable	25.00	24.00	Neqliable	0.02	0.05	0.00
Medium Fanta Cherry - 32oz Freestyle	690.00	165.00	Neqliable	Neqliable	37.50	36.00	Neqliable	0.03	0.08	0.00
Large Fanta Cherry - 44oz Freestyle	920.00	220.00	Neqliable	Neqliable	50.00	48.00	Neqliable	0.04	0.10	0.00
Regular Fanta Raspberrv - 22oz Freestyle	460.00	110.00	Neqliable	Neqliable	25.00	24.00	Neqliable	0.02	0.05	0.00
Medium Fanta Raspberrv - 32oz Freestyle	690.00	165.00	Neqliable	Neqliable	37.50	36.00	Neqliable	0.03	0.08	0.00
Large Fanta Raspberrv - 44oz Freestyle	920.00	220.00	Neqliable	Neqliable	50.00	48.00	Neqliable	0.04	0.10	0.00
Regular Fanta Lemon - 22oz Freestyle	420.00	100.00	Neqliable	Neqliable	24.00	24.00	Neqliable	0.02	0.05	0.00
Medium Fanta Lemon - 32oz Freestyle	630.00	150.00	Neqliable	Neqliable	36.00	36.00	Neqliable	0.03	0.08	0.00
Large Fanta Lemon - 44oz Freestyle	840.00	200.00	Neqliable	Neqliable	48.00	48.00	Neqliable	0.04	0.10	0.00
Regular Fanta Grape - 22oz Freestyle	445.00	105.00	Neqliable	Neqliable	24.50	24.00	Neqliable	0.02	0.05	0.00
Medium Fanta Grape - 32oz Freestyle	667.50	157.50	Neqliable	Neqliable	36.75	36.00	Neqliable	0.03	0.08	0.00
Large Fanta Grape - 44oz Freestyle	890.00	210.00	Neqliable	Neqliable	49.00	48.00	Neqliable	0.04	0.10	0.00
Regular Fanta Peach - 22oz Freestyle	455.00	105.00	Neqliable	Neqliable	25.00	24.00	Neqliable	0.02	0.05	0.00
Medium Fanta Peach - 32oz Freestyle	682.50	157.50	Neqliable	Neqliable	37.50	36.00	Neqliable	0.03	0.08	0.00
Large Fanta Peach - 44oz Freestyle	910.00	210.00	Neqliable	Neqliable	50.00	48.00	Neqliable	0.04	0.10	0.00
Regular Fanta Strawberry - 22oz Freestyle	460.00	110.00	Neqliable	Neqliable	25.00	24.00	Neqliable	0.02	0.05	0.00
Medium Fanta Strawberry - 32oz Freestyle	690.00	165.00	Neqliable	Neqliable	37.50	36.00	Neqliable	0.03	0.08	0.00
Large Fanta Strawberry - 44oz Freestyle	920.00	220.00	Neqliable	Neqliable	50.00	48.00	Neqliable	0.04	0.10	0.00
Regular Fanta Fruit Punch - 22oz Freestyle	445.00	105.00	Neqliable	Neqliable	24.50	24.00	Neqliable	0.02	0.05	0.00
Medium Fanta Fruit Punch - 32oz Freestyle	667.50	157.50	Neqliable	Neqliable	36.75	36.00	Neqliable	0.03	0.08	0.00
Large Fanta Fruit Punch - 44oz Freestyle	890.00	210.00	Neqliable	Neqliable	49.00	48.00	Neqliable	0.04	0.10	0.00
Regular Fanta Zero - 22oz Freestyle	15.00	5.00	Neqliable	Neqliable	0.50	0.00	Neqliable	0.02	0.05	0.00
Medium Fanta Zero - 32oz Freestyle	22.50	7.50	Neqliable	Neqliable	0.75	0.00	Neqliable	0.03	0.08	0.00
Large Fanta Zero - 44oz Freestyle	30.00	10.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.04	0.10	0.00
Regular Fanta Zero Cherry - 22oz Freestyle	40.00	10.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.02	0.05	0.00
Medium Fanta Zero Cherry - 32oz Freestyle	60.00	15.00	Neqliable	Neqliable	1.50	0.00	Neqliable	0.03	0.08	0.00
Large Fanta Zero Cherry - 44oz Freestyle	80.00	20.00	Neqliable	Neqliable	2.00	0.00	Neqliable	0.04	0.10	0.00
Regular Fanta Zero Raspberrv - 22oz Freestyle	40.00	10.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.02	0.05	0.00
Medium Fanta Zero Raspberrv - 32oz Freestyle	60.00	15.00	Neqliable	Neqliable	1.50	0.00	Neqliable	0.03	0.08	0.00
Large Fanta Zero Raspberrv - 44oz Freestyle	80.00	20.00	Neqliable	Neqliable	2.00	0.00	Neqliable	0.04	0.10	0.00
Regular Fanta Zero Lemon - 22oz Freestyle	10.00	2.50	Neqliable	Neqliable	1.00	0.00	Neqliable	0.02	0.05	0.00

Latest Update:

15/6/2022

This nutritional information is based on standard average portion size however different serving methods may result in minor variations to actual portion size and therefore nutritional values. While every effort is made to keep this information up to date, from time to time there may be changes to pack size, portion size or product ingredients. Nutritional information is compiled using data received from suppliers and we cannot accept liability for its accuracy or completeness.
Please note - not all products are available in all cinemas and some promotional, regional and trial products may not be listed. If you have any queries about the information provided contact ODEON Guest Services (Email: GS@Odeon.co.uk Post: FREEPOST ODEON)

Nutritional information	Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohydrate rate (g)	Carbohydrate rates of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalent (g)	Fibre (g)
Medium Fanta Zero Lemon - 32oz Freestyle	15.00	3.75	Neqliable	Neqliable	1.00	0.00	Neqliable	0.02	0.05	0.00
Large Fanta Zero Lemon - 44oz Freestyle	20.00	5.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.02	0.05	0.00
Regular Fanta Zero Grape - 22oz Freestyle	40.00	10.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.02	0.05	0.00
Medium Fanta Zero Grape - 32oz Freestyle	60.00	15.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.02	0.05	0.00
Large Fanta Zero Grape - 44oz Freestyle	80.00	20.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.02	0.05	0.00
Regular Fanta Zero Peach - 22oz Freestyle	45.00	10.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.02	0.05	0.00
Medium Fanta Zero Peach - 32oz Freestyle	67.50	15.00	Neqliable	Neqliable	1.50	0.00	Neqliable	0.03	0.08	0.00
Large Fanta Zero Peach - 44oz Freestyle	90.00	20.00	Neqliable	Neqliable	2.00	0.00	Neqliable	0.04	0.10	0.00
Regular Fanta Zero Strawberry - 22oz Freestyle	50.00	10.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.02	0.05	0.00
Medium Fanta Zero Strawberry - 32oz Freestyle	75.00	15.00	Neqliable	Neqliable	1.50	0.00	Neqliable	0.03	0.08	0.00
Large Fanta Zero Strawberry - 44oz Freestyle	100.00	20.00	Neqliable	Neqliable	2.00	0.00	Neqliable	0.04	0.10	0.00
Regular Fanta Zero Fruit Punch - 22oz Freestyle	40.00	10.00	Neqliable	Neqliable	0.50	0.00	Neqliable	0.02	0.05	0.00
Medium Fanta Zero Fruit Punch - 32oz Freestyle	60.00	15.00	Neqliable	Neqliable	0.75	0.00	Neqliable	0.03	0.08	0.00
Large Fanta Zero Fruit Punch - 44oz Freestyle	80.00	20.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.04	0.10	0.00
Regular Fanta No Bubbles - 22oz Freestyle	420.00	100.00	Neqliable	Neqliable	24.50	24.00	Neqliable	0.02	0.05	0.00
Medium Fanta No Bubbles - 32oz Freestyle	630.00	150.00	Neqliable	Neqliable	36.75	36.00	Neqliable	0.03	0.08	0.00
Large Fanta No Bubbles - 44oz Freestyle	840.00	200.00	Neqliable	Neqliable	49.00	48.00	Neqliable	0.04	0.10	0.00
Regular Fanta No Bubbles Cherry - 22oz Freestyle	455.00	110.00	Neqliable	Neqliable	25.00	24.00	Neqliable	0.02	0.05	0.00
Medium Fanta No Bubbles Cherry - 32oz Freestyle	682.50	165.00	Neqliable	Neqliable	37.50	36.00	Neqliable	0.03	0.08	0.00
Large Fanta No Bubbles Cherry - 44oz Freestyle	910.00	220.00	Neqliable	Neqliable	50.00	48.00	Neqliable	0.04	0.10	0.00
Regular Fanta No Bubbles Raspberr - 22oz Freestyle	460.00	110.00	Neqliable	Neqliable	25.00	24.00	Neqliable	0.02	0.05	0.00
Medium Fanta No Bubbles Raspberr - 32oz Freestyle	690.00	165.00	Neqliable	Neqliable	37.50	36.00	Neqliable	0.03	0.08	0.00
Large Fanta No Bubbles Raspberr - 44oz Freestyle	920.00	220.00	Neqliable	Neqliable	50.00	48.00	Neqliable	0.04	0.10	0.00
Regular Fanta No Bubbles Lemon - 22oz Freestyle	420.00	100.00	Neqliable	Neqliable	24.00	24.00	Neqliable	0.02	0.05	0.00
Medium Fanta No Bubbles Lemon - 32oz Freestyle	630.00	150.00	Neqliable	Neqliable	36.00	36.00	Neqliable	0.03	0.08	0.00
Large Fanta No Bubbles Lemon - 44oz Freestyle	840.00	200.00	Neqliable	Neqliable	48.00	48.00	Neqliable	0.04	0.10	0.00
Regular Fanta No Bubbles Grape - 22oz Freestyle	445.00	105.00	Neqliable	Neqliable	24.50	24.00	Neqliable	0.02	0.05	0.00
Medium Fanta No Bubbles Grape - 32oz Freestyle	667.50	157.50	Neqliable	Neqliable	36.75	36.00	Neqliable	0.03	0.08	0.00
Large Fanta No Bubbles Grape - 44oz Freestyle	890.00	210.00	Neqliable	Neqliable	49.00	48.00	Neqliable	0.04	0.10	0.00
Regular Fanta No Bubbles Peach - 22oz Freestyle	455.00	105.00	Neqliable	Neqliable	25.00	24.00	Neqliable	0.02	0.05	0.00
Medium Fanta No Bubbles Peach - 32oz Freestyle	682.50	157.50	Neqliable	Neqliable	37.50	36.00	Neqliable	0.03	0.08	0.00
Large Fanta No Bubbles Peach - 44oz Freestyle	910.00	210.00	Neqliable	Neqliable	50.00	48.00	Neqliable	0.04	0.10	0.00
Regular Fanta No Bubbles Strawberry - 22oz Freestyle	460.00	110.00	Neqliable	Neqliable	25.00	24.00	Neqliable	0.02	0.05	0.00
Medium Fanta No Bubbles Strawberry - 32oz Freestyle	690.00	165.00	Neqliable	Neqliable	37.50	36.00	Neqliable	0.03	0.08	0.00
Large Fanta No Bubbles Strawberry - 44oz Freestyle	920.00	220.00	Neqliable	Neqliable	50.00	48.00	Neqliable	0.04	0.10	0.00
Regular Fanta No Bubbles Fruit Punch - 22oz Freestyle	445.00	105.00	Neqliable	Neqliable	24.50	24.00	Neqliable	0.02	0.05	0.00
Medium Fanta No Bubbles Fruit Punch - 32oz Freestyle	667.50	157.50	Neqliable	Neqliable	36.75	36.00	Neqliable	0.03	0.08	0.00
Large Fanta No Bubbles Fruit Punch - 44oz Freestyle	890.00	210.00	Neqliable	Neqliable	49.00	48.00	Neqliable	0.04	0.10	0.00
Regular Fanta No Bubbles Zero - 22oz Freestyle	15.00	5.00	Neqliable	Neqliable	0.05	0.00	Neqliable	0.02	0.05	0.00
Medium Fanta No Bubbles Zero - 32oz Freestyle	22.50	7.50	Neqliable	Neqliable	0.08	0.00	Neqliable	0.03	0.08	0.00
Large Fanta No Bubbles Zero - 44oz Freestyle	30.00	10.00	Neqliable	Neqliable	0.10	0.00	Neqliable	0.04	0.10	0.00
Regular Fanta No Bubbles Zero Cherry - 22oz Freestyle	40.00	10.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.02	0.05	0.00
Medium Fanta No Bubbles Zero Cherry - 32oz Freestyle	60.00	15.00	Neqliable	Neqliable	1.50	0.00	Neqliable	0.03	0.08	0.00
Large Fanta No Bubbles Zero Cherry - 44oz Freestyle	80.00	20.00	Neqliable	Neqliable	2.00	0.00	Neqliable	0.04	0.10	0.00
Regular Fanta No Bubbles Zero Raspberr - 22oz Freestyle	35.00	10.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.02	0.05	0.00
Medium Fanta No Bubbles Zero Raspberr - 32oz Freestyle	52.50	15.00	Neqliable	Neqliable	1.50	0.00	Neqliable	0.03	0.08	0.00
Large Fanta No Bubbles Zero Raspberr - 44oz Freestyle	70.00	20.00	Neqliable	Neqliable	2.00	0.00	Neqliable	0.04	0.10	0.00
Regular Fanta No Bubbles Zero Lemon - 22oz Freestyle	10.00	2.50	Neqliable	Neqliable	0.00	0.00	Neqliable	0.02	0.05	0.00
Medium Fanta No Bubbles Zero Lemon - 32oz Freestyle	15.00	3.75	Neqliable	Neqliable	0.00	0.00	Neqliable	0.03	0.08	0.00
Large Fanta No Bubbles Zero Lemon - 44oz Freestyle	20.00	5.00	Neqliable	Neqliable	0.00	0.00	Neqliable	0.04	0.10	0.00
Regular Fanta No Bubbles Zero Grape - 22oz Freestyle	40.00	10.00	Neqliable	Neqliable	0.50	0.00	Neqliable	0.02	0.05	0.00
Medium Fanta No Bubbles Zero Grape - 32oz Freestyle	60.00	15.00	Neqliable	Neqliable	0.75	0.00	Neqliable	0.03	0.08	0.00
Large Fanta No Bubbles Zero Grape - 44oz Freestyle	80.00	20.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.04	0.10	0.00
Regular Fanta No Bubbles Zero Peach - 22oz Freestyle	45.00	10.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.02	0.05	0.00
Medium Fanta No Bubbles Zero Peach - 32oz Freestyle	67.50	15.00	Neqliable	Neqliable	1.50	0.00	Neqliable	0.03	0.08	0.00
Large Fanta No Bubbles Zero Peach - 44oz Freestyle	90.00	20.00	Neqliable	Neqliable	2.00	0.00	Neqliable	0.04	0.10	0.00
Regular Fanta No Bubbles Zero Strawberry - 22oz Freestyle	50.00	10.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.02	0.05	0.00
Medium Fanta No Bubbles Zero Strawberry - 32oz Freestyle	75.00	15.00	Neqliable	Neqliable	1.50	0.00	Neqliable	0.03	0.08	0.00
Large Fanta No Bubbles Zero Strawberry - 44oz Freestyle	100.00	20.00	Neqliable	Neqliable	2.00	0.00	Neqliable	0.04	0.10	0.00
Regular Fanta No Bubbles Zero Fruit Punch - 22oz Freestyle	35.00	10.00	Neqliable	Neqliable	0.50	0.00	Neqliable	0.02	0.05	0.00
Medium Fanta No Bubbles Zero Fruit Punch - 32oz Freestyle	52.50	15.00	Neqliable	Neqliable	0.75	0.00	Neqliable	0.03	0.08	0.00
Large Fanta No Bubbles Zero Fruit Punch - 44oz Freestyle	70.00	20.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.04	0.10	0.00
Regular Fuze Tea Lemon - 22oz Freestyle	430.00	100.00	Neqliable	Neqliable	24.00	24.00	Neqliable	0.02	0.05	0.00
Medium Fuze Tea Lemon - 32oz Freestyle	645.00	150.00	Neqliable	Neqliable	36.00	36.00	Neqliable	0.03	0.08	0.00
Large Fuze Tea Lemon - 44oz Freestyle	860.00	200.00	Neqliable	Neqliable	48.00	48.00	Neqliable	0.04	0.10	0.00

Latest Update:

15/6/2022

This nutritional information is based on standard average portion size however different serving methods may result in minor variations to actual portion size and therefore nutritional values. While every effort is made to keep this information up to date, from time to time there may be changes to pack size, portion size or product ingredients. Nutritional information is compiled using data received from suppliers and we cannot accept liability for its accuracy or completeness.
Please note - not all products are available in all cinemas and some promotional, regional and trial products may not be listed. If you have any queries about the information provided contact ODEON Guest Services (Email: GS@Odeon.co.uk Post: FREEPOST ODEON)

Nutritional information	Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohydrate rate (g)	Carbohydrate rates of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalent (g)	Fibre (g)
Regular Fuze Tea Raspberry - 22oz Freestyle	445.00	105.00	Neqliqible	Neqliqible	24.50	24.00	Neqliqible	0.02	0.05	0.00
Medium Fuze Tea Raspberry - 32oz Freestyle	667.50	157.50	Neqliqible	Neqliqible	36.75	36.00	Neqliqible	0.03	0.08	0.00
Large Fuze Tea Raspberry - 44oz Freestyle	890.00	210.00	Neqliqible	Neqliqible	49.00	48.00	Neqliqible	0.04	0.10	0.00
Regular Fuze Tea Peach - 22oz Freestyle	445.00	105.00	Neqliqible	Neqliqible	24.50	24.00	Neqliqible	0.02	0.05	0.00
Medium Fuze Tea Peach - 32oz Freestyle	667.50	157.50	Neqliqible	Neqliqible	36.75	36.00	Neqliqible	0.03	0.08	0.00
Large Fuze Tea Peach - 44oz Freestyle	890.00	210.00	Neqliqible	Neqliqible	49.00	48.00	Neqliqible	0.04	0.10	0.00
Regular Fuze Tea Strawberry - 22oz Freestyle	445.00	105.00	Neqliqible	Neqliqible	24.50	24.00	Neqliqible	0.02	0.05	0.00
Medium Fuze Tea Strawberry - 32oz Freestyle	667.50	157.50	Neqliqible	Neqliqible	36.75	36.00	Neqliqible	0.03	0.08	0.00
Large Fuze Tea Strawberry - 44oz Freestyle	890.00	210.00	Neqliqible	Neqliqible	49.00	48.00	Neqliqible	0.04	0.10	0.00
Regular Fuze Tea Vanilla - 22oz Freestyle	440.00	105.00	Neqliqible	Neqliqible	24.50	24.00	Neqliqible	0.02	0.05	0.00
Medium Fuze Tea Vanilla - 32oz Freestyle	660.00	157.50	Neqliqible	Neqliqible	36.75	36.00	Neqliqible	0.03	0.08	0.00
Large Fuze Tea Vanilla - 44oz Freestyle	880.00	210.00	Neqliqible	Neqliqible	49.00	48.00	Neqliqible	0.04	0.10	0.00
Regular Fuze Tea Orange - 22oz Freestyle	430.00	100.00	Neqliqible	Neqliqible	24.50	24.00	Neqliqible	0.02	0.05	0.00
Medium Fuze Tea Orange - 32oz Freestyle	645.00	150.00	Neqliqible	Neqliqible	36.75	36.00	Neqliqible	0.03	0.08	0.00
Large Fuze Tea Orange - 44oz Freestyle	860.00	200.00	Neqliqible	Neqliqible	49.00	48.00	Neqliqible	0.04	0.10	0.00
Regular Fuze Tea Zero Lemon - 22oz Freestyle	20.00	5.00	Neqliqible	Neqliqible	0.00	0.00	Neqliqible	0.02	0.05	0.00
Medium Fuze Tea Zero Lemon - 32oz Freestyle	30.00	7.50	Neqliqible	Neqliqible	0.00	0.00	Neqliqible	0.03	0.08	0.00
Large Fuze Tea Zero Lemon - 44oz Freestyle	40.00	10.00	Neqliqible	Neqliqible	0.00	0.00	Neqliqible	0.04	0.10	0.00
Regular Fuze Tea Zero Raspberry - 22oz Freestyle	40.00	10.00	Neqliqible	Neqliqible	0.50	0.00	Neqliqible	0.02	0.05	0.00
Medium Fuze Tea Zero Raspberry - 32oz Freestyle	60.00	15.00	Neqliqible	Neqliqible	0.75	0.00	Neqliqible	0.03	0.08	0.00
Large Fuze Tea Zero Raspberry - 44oz Freestyle	80.00	20.00	Neqliqible	Neqliqible	1.00	0.00	Neqliqible	0.04	0.10	0.00
Regular Fuze Tea Zero Peach - 22oz Freestyle	35.00	10.00	Neqliqible	Neqliqible	0.50	0.00	Neqliqible	0.02	0.05	0.00
Medium Fuze Tea Zero Peach - 32oz Freestyle	52.50	15.00	Neqliqible	Neqliqible	0.75	0.00	Neqliqible	0.03	0.08	0.00
Large Fuze Tea Zero Peach - 44oz Freestyle	70.00	20.00	Neqliqible	Neqliqible	1.00	0.00	Neqliqible	0.04	0.10	0.00
Regular Fuze Tea Zero Strawberry - 22oz Freestyle	35.00	10.00	Neqliqible	Neqliqible	0.50	0.00	Neqliqible	0.02	0.05	0.00
Medium Fuze Tea Zero Strawberry - 32oz Freestyle	52.50	15.00	Neqliqible	Neqliqible	0.75	0.00	Neqliqible	0.03	0.08	0.00
Large Fuze Tea Zero Strawberry - 44oz Freestyle	70.00	20.00	Neqliqible	Neqliqible	1.00	0.00	Neqliqible	0.04	0.10	0.00
Regular Fuze Tea Zero Vanilla - 22oz Freestyle	35.00	10.00	Neqliqible	Neqliqible	0.50	0.00	Neqliqible	0.02	0.05	0.00
Medium Fuze Tea Zero Vanilla - 32oz Freestyle	52.50	15.00	Neqliqible	Neqliqible	0.75	0.00	Neqliqible	0.03	0.08	0.00
Large Fuze Tea Zero Vanilla - 44oz Freestyle	70.00	20.00	Neqliqible	Neqliqible	1.00	0.00	Neqliqible	0.04	0.10	0.00
Regular Fuze Tea Zero Orange - 22oz Freestyle	20.00	5.00	Neqliqible	Neqliqible	0.50	0.00	Neqliqible	0.02	0.05	0.00
Medium Fuze Tea Zero Orange - 32oz Freestyle	30.00	7.50	Neqliqible	Neqliqible	0.75	0.00	Neqliqible	0.03	0.08	0.00
Large Fuze Tea Zero Orange - 44oz Freestyle	40.00	10.00	Neqliqible	Neqliqible	1.00	0.00	Neqliqible	0.04	0.10	0.00
Regular Powerade Zero Cherry - 22oz Freestyle	40.00	10.00	Neqliqible	Neqliqible	1.00	0.00	Neqliqible	0.20	0.50	0.00
Medium Powerade Zero Cherry - 32oz Freestyle	60.00	15.00	Neqliqible	Neqliqible	1.50	0.00	Neqliqible	0.30	0.75	0.00
Large Powerade Zero Cherry - 44oz Freestyle	80.00	20.00	Neqliqible	Neqliqible	2.00	0.00	Neqliqible	0.40	1.00	0.00
Regular Powerade Zero Orange - 22oz Freestyle	15.00	5.00	Neqliqible	Neqliqible	0.00	0.00	Neqliqible	0.20	0.50	0.00
Medium Powerade Zero Orange - 32oz Freestyle	22.50	7.50	Neqliqible	Neqliqible	0.00	0.00	Neqliqible	0.30	0.75	0.00
Large Powerade Zero Orange - 44oz Freestyle	30.00	10.00	Neqliqible	Neqliqible	0.00	0.00	Neqliqible	0.40	1.00	0.00
Regular Powerade Zero Raspberry - 22oz Freestyle	35.00	10.00	Neqliqible	Neqliqible	0.50	0.00	Neqliqible	0.20	0.50	0.00
Medium Powerade Zero Raspberry - 32oz Freestyle	52.50	15.00	Neqliqible	Neqliqible	0.75	0.00	Neqliqible	0.30	0.75	0.00
Large Powerade Zero Raspberry - 44oz Freestyle	70.00	20.00	Neqliqible	Neqliqible	1.00	0.00	Neqliqible	0.40	1.00	0.00
Regular Powerade Zero Lemon - 22oz Freestyle	15.00	5.00	Neqliqible	Neqliqible	0.00	0.00	Neqliqible	0.20	0.50	0.00
Medium Powerade Zero Lemon - 32oz Freestyle	22.50	7.50	Neqliqible	Neqliqible	0.00	0.00	Neqliqible	0.30	0.75	0.00
Large Powerade Zero Lemon - 44oz Freestyle	30.00	10.00	Neqliqible	Neqliqible	0.00	0.00	Neqliqible	0.40	1.00	0.00
Regular Powerade Zero Grape - 22oz Freestyle	25.00	5.00	Neqliqible	Neqliqible	0.50	0.00	Neqliqible	0.20	0.50	0.00
Medium Powerade Zero Grape - 32oz Freestyle	37.50	7.50	Neqliqible	Neqliqible	0.75	0.00	Neqliqible	0.30	0.75	0.00
Large Powerade Zero Grape - 44oz Freestyle	50.00	10.00	Neqliqible	Neqliqible	1.00	0.00	Neqliqible	0.40	1.00	0.00
Regular Powerade Zero Strawberry - 22oz Freestyle	30.00	5.00	Neqliqible	Neqliqible	0.50	0.00	Neqliqible	0.20	0.50	0.00
Medium Powerade Zero Strawberry - 32oz Freestyle	45.00	7.50	Neqliqible	Neqliqible	0.75	0.00	Neqliqible	0.30	0.75	0.00
Large Powerade Zero Strawberry - 44oz Freestyle	60.00	10.00	Neqliqible	Neqliqible	1.00	0.00	Neqliqible	0.40	1.00	0.00
Regular Powerade Zero Fruit Punch - 22oz Freestyle	30.00	10.00	Neqliqible	Neqliqible	0.50	0.00	Neqliqible	0.20	0.50	0.00
Medium Powerade Zero Fruit Punch - 32oz Freestyle	45.00	15.00	Neqliqible	Neqliqible	0.75	0.00	Neqliqible	0.30	0.75	0.00
Large Powerade Zero Fruit Punch - 44oz Freestyle	60.00	20.00	Neqliqible	Neqliqible	1.00	0.00	Neqliqible	0.40	1.00	0.00
Regular Powerade Zero Berry Tropical - 22oz Freestyle	50.00	10.00	Neqliqible	Neqliqible	1.00	0.00	Neqliqible	0.20	0.50	0.00
Medium Powerade Zero Berry Tropical - 32oz Freestyle	75.00	15.00	Neqliqible	Neqliqible	1.50	0.00	Neqliqible	0.30	0.75	0.00
Large Powerade Zero Berry Tropical - 44oz Freestyle	100.00	20.00	Neqliqible	Neqliqible	2.00	0.00	Neqliqible	0.40	1.00	0.00
Regular Schweppes Lemonade - 22oz Freestyle	430.00	100.00	Neqliqible	Neqliqible	24.00	24.00	Neqliqible	0.06	0.15	0.00
Medium Schweppes Lemonade - 32oz Freestyle	645.00	150.00	Neqliqible	Neqliqible	36.00	36.00	Neqliqible	0.09	0.23	0.00
Large Schweppes Lemonade - 44oz Freestyle	860.00	200.00	Neqliqible	Neqliqible	48.00	48.00	Neqliqible	0.12	0.30	0.00
Regular Schweppes Lemonade Cherry - 22oz Freestyle	450.00	105.00	Neqliqible	Neqliqible	24.50	24.00	Neqliqible	0.06	0.15	0.00
Medium Schweppes Lemonade Cherry - 32oz Freestyle	675.00	157.50	Neqliqible	Neqliqible	36.75	36.00	Neqliqible	0.09	0.23	0.00
Large Schweppes Lemonade Cherry - 44oz Freestyle	900.00	210.00	Neqliqible	Neqliqible	49.00	48.00	Neqliqible	0.12	0.30	0.00
Regular Schweppes Lemonade Orange - 22oz Freestyle	430.00	100.00	Neqliqible	Neqliqible	24.00	24.00	Neqliqible	0.06	0.15	0.00
Medium Schweppes Lemonade Orange - 32oz Freestyle	645.00	150.00	Neqliqible	Neqliqible	36.00	36.00	Neqliqible	0.09	0.23	0.00

Latest Update:

15/6/2022

This nutritional information is based on standard average portion size however different serving methods may result in minor variations to actual portion size and therefore nutritional values. While every effort is made to keep this information up to date, from time to time there may be changes to pack size, portion size or product ingredients. Nutritional information is compiled using data received from suppliers and we cannot accept liability for its accuracy or completeness.
Please note - not all products are available in all cinemas and some promotional, regional and trial products may not be listed. If you have any queries about the information provided contact ODEON Guest Services (Email: GS@Odeon.co.uk Post: FREEPOST ODEON)

Nutritional information	Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohydrate rate (g)	Carbohydrate rates of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalent (g)	Fibre (g)
Large Schweppes Lemonade Orange - 44oz Freestyle	860.00	200.00	Neqliable	Neqliable	48.00	48.00	Neqliable	0.12	0.30	0.00
Regular Schweppes Lemonade Raspberrry - 22oz Freestyle	450.00	105.00	Neqliable	Neqliable	24.50	24.00	Neqliable	0.06	0.15	0.00
Medium Schweppes Lemonade Raspberrry - 32oz Freestyle	675.00	157.50	Neqliable	Neqliable	36.75	36.00	Neqliable	0.09	0.23	0.00
Large Schweppes Lemonade Raspberrry - 44oz Freestyle	900.00	210.00	Neqliable	Neqliable	49.00	48.00	Neqliable	0.12	0.30	0.00
Regular Schweppes Lemonade Strawberry - 22oz Freestyle	470.00	110.00	Neqliable	Neqliable	25.00	24.00	Neqliable	0.06	0.15	0.00
Medium Schweppes Lemonade Strawberry - 32oz Freestyle	705.00	165.00	Neqliable	Neqliable	37.50	36.00	Neqliable	0.09	0.23	0.00
Large Schweppes Lemonade Strawberry - 44oz Freestyle	940.00	220.00	Neqliable	Neqliable	50.00	48.00	Neqliable	0.12	0.30	0.00
Regular Schweppes Lemonade Fruit Punch - 22oz Freestyle	460.00	110.00	Neqliable	Neqliable	24.50	24.00	Neqliable	0.06	0.15	0.00
Medium Schweppes Lemonade Fruit Punch - 32oz Freestyle	690.00	165.00	Neqliable	Neqliable	36.75	36.00	Neqliable	0.09	0.23	0.00
Large Schweppes Lemonade Fruit Punch - 44oz Freestyle	920.00	220.00	Neqliable	Neqliable	49.00	48.00	Neqliable	0.12	0.30	0.00
Regular Schweppes Diet Lemonade - 22oz Freestyle	20.00	5.00	Neqliable	Neqliable	0.00	0.00	Neqliable	0.06	0.15	0.00
Medium Schweppes Diet Lemonade - 32oz Freestyle	30.00	7.50	Neqliable	Neqliable	0.00	0.00	Neqliable	0.09	0.23	0.00
Large Schweppes Diet Lemonade - 44oz Freestyle	40.00	10.00	Neqliable	Neqliable	0.00	0.00	Neqliable	0.12	0.30	0.00
Regular Schweppes Diet Lemonade Cherry - 22oz Freestyle	40.00	10.00	Neqliable	Neqliable	0.50	0.00	Neqliable	0.06	0.15	0.00
Medium Schweppes Diet Lemonade Cherry - 32oz Freestyle	60.00	15.00	Neqliable	Neqliable	0.75	0.00	Neqliable	0.09	0.23	0.00
Large Schweppes Diet Lemonade Cherry - 44oz Freestyle	80.00	20.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.12	0.30	0.00
Regular Schweppes Diet Lemonade Orange - 22oz Freestyle	25.00	5.00	Neqliable	Neqliable	0.00	0.00	Neqliable	0.06	0.15	0.00
Medium Schweppes Diet Lemonade Orange - 32oz Freestyle	37.50	7.50	Neqliable	Neqliable	0.00	0.00	Neqliable	0.09	0.23	0.00
Large Schweppes Diet Lemonade Orange - 44oz Freestyle	50.00	10.00	Neqliable	Neqliable	0.00	0.00	Neqliable	0.12	0.30	0.00
Regular Schweppes Diet Lemonade Raspberrry - 22oz Freestyle	45.00	10.00	Neqliable	Neqliable	0.50	0.00	Neqliable	0.06	0.15	0.00
Medium Schweppes Diet Lemonade Raspberrry - 32oz Freestyle	67.50	15.00	Neqliable	Neqliable	0.75	0.00	Neqliable	0.09	0.23	0.00
Large Schweppes Diet Lemonade Raspberrry - 44oz Freestyle	90.00	20.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.12	0.30	0.00
Regular Schweppes Diet Lemonade Strawberry - 22oz Freestyle	65.00	15.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.06	0.15	0.00
Medium Schweppes Diet Lemonade Strawberry - 32oz Freestyle	97.50	22.50	Neqliable	Neqliable	1.50	0.00	Neqliable	0.09	0.23	0.00
Large Schweppes Diet Lemonade Strawberry - 44oz Freestyle	130.00	30.00	Neqliable	Neqliable	2.00	0.00	Neqliable	0.12	0.30	0.00
Regular Schweppes Diet Lemonade Fruit Punch - 22oz Freestyle	50.00	10.00	Neqliable	Neqliable	0.50	0.00	Neqliable	0.06	0.15	0.00
Medium Schweppes Diet Lemonade Fruit Punch - 32oz Freestyle	75.00	15.00	Neqliable	Neqliable	0.75	0.00	Neqliable	0.09	0.23	0.00
Large Schweppes Diet Lemonade Fruit Punch - 44oz Freestyle	100.00	20.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.12	0.30	0.00
Regular Sprite Zero - 22oz Freestyle	10.00	5.00	Neqliable	Neqliable	0.00	0.00	Neqliable	0.02	0.05	0.00
Medium Sprite Zero - 32oz Freestyle	15.00	7.50	Neqliable	Neqliable	0.00	0.00	Neqliable	0.03	0.08	0.00
Large Sprite Zero - 44oz Freestyle	20.00	10.00	Neqliable	Neqliable	0.00	0.00	Neqliable	0.04	0.10	0.00
Regular Sprite Zero Cherry - 22oz Freestyle	35.00	10.00	Neqliable	Neqliable	0.50	0.00	Neqliable	0.02	0.05	0.00
Medium Sprite Zero Cherry - 32oz Freestyle	52.50	15.00	Neqliable	Neqliable	0.75	0.00	Neqliable	0.03	0.08	0.00
Large Sprite Zero Cherry - 44oz Freestyle	70.00	20.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.04	0.10	0.00
Regular Sprite Zero Orange - 22oz Freestyle	15.00	5.00	Neqliable	Neqliable	0.00	0.00	Neqliable	0.02	0.05	0.00
Medium Sprite Zero Orange - 32oz Freestyle	22.50	7.50	Neqliable	Neqliable	0.00	0.00	Neqliable	0.03	0.08	0.00
Large Sprite Zero Orange - 44oz Freestyle	30.00	10.00	Neqliable	Neqliable	0.00	0.00	Neqliable	0.04	0.10	0.00
Regular Sprite Zero Vanilla - 22oz Freestyle	30.00	5.00	Neqliable	Neqliable	0.50	0.00	Neqliable	0.02	0.05	0.00
Medium Sprite Zero Vanilla - 32oz Freestyle	45.00	7.50	Neqliable	Neqliable	0.75	0.00	Neqliable	0.03	0.08	0.00
Large Sprite Zero Vanilla - 44oz Freestyle	60.00	10.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.04	0.10	0.00
Regular Sprite Zero Raspberrry - 22oz Freestyle	40.00	10.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.02	0.05	0.00
Medium Sprite Zero Raspberrry - 32oz Freestyle	60.00	15.00	Neqliable	Neqliable	1.50	0.00	Neqliable	0.03	0.08	0.00
Large Sprite Zero Raspberrry - 44oz Freestyle	80.00	20.00	Neqliable	Neqliable	2.00	0.00	Neqliable	0.04	0.10	0.00
Regular Sprite Zero Grape - 22oz Freestyle	25.00	5.00	Neqliable	Neqliable	0.50	0.00	Neqliable	0.02	0.05	0.00
Medium Sprite Zero Grape - 32oz Freestyle	37.50	7.50	Neqliable	Neqliable	0.75	0.00	Neqliable	0.03	0.08	0.00
Large Sprite Zero Grape - 44oz Freestyle	50.00	10.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.04	0.10	0.00
Regular Sprite Zero Peach - 22oz Freestyle	30.00	10.00	Neqliable	Neqliable	0.50	0.00	Neqliable	0.02	0.05	0.00
Medium Sprite Zero Peach - 32oz Freestyle	45.00	15.00	Neqliable	Neqliable	0.75	0.00	Neqliable	0.03	0.08	0.00
Large Sprite Zero Peach - 44oz Freestyle	60.00	20.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.04	0.10	0.00
Regular Sprite Zero Strawberry - 22oz Freestyle	30.00	10.00	Neqliable	Neqliable	0.50	0.00	Neqliable	0.02	0.05	0.00
Medium Sprite Zero Strawberry - 32oz Freestyle	45.00	15.00	Neqliable	Neqliable	0.75	0.00	Neqliable	0.03	0.08	0.00
Large Sprite Zero Strawberry - 44oz Freestyle	60.00	20.00	Neqliable	Neqliable	1.00	0.00	Neqliable	0.04	0.10	0.00
Frozen Fanta & Ice blast per serving										
Frozen Fanta Orange Small - 330ml	336.60	79.20	Nil	Nil	21.12	13.20	Nil	Nil	Nil	Nil
Frozen Fanta Orange Large - 560ml	571.20	134.40	Nil	Nil	35.84	22.40	Nil	Nil	Nil	Nil
Frozen Fanta Exotic Small - 330ml	445.50	105.60	Nil	Nil	26.07	26.07	Nil	Nil	Nil	Nil
Frozen Fanta Exotic Large - 560ml	756.00	179.20	Nil	Nil	44.24	44.24	Nil	Nil	Nil	Nil
Frozen Coke Small - 330ml	452.10	108.90	Nil	Nil	26.07	26.07	Nil	Nil	Nil	Nil
Frozen Coke Large - 560ml	767.20	184.80	Nil	Nil	44.24	44.24	Nil	Nil	Nil	0.00
Frozen Fanta Raspberrry Small - 330ml	346.50	82.50	0.00	0.00	25.41	16.17	0.00	0.00	0.00	0.00
Frozen Fanta Raspberrry Large - 560ml	588.00	140.00	0.00	0.00	43.12	27.44	0.00	0.00	0.00	0.00
Frozen Fanta Strawberry Small - 330ml	346.50	82.50	0.00	0.00	25.41	16.17	0.00	0.00	0.00	0.00
Frozen Fanta Strawberry Large - 560ml	588.00	140.00	0.00	0.00	43.12	27.44	0.00	0.00	0.00	0.00
Tango Ice Blast No Sugar Raspberrry - Regular (16oz as served)	331.42	77.18	0.00	0.00	17.71	0.00	0.00	0.03	0.05	0.00
Tango Ice Blast No Sugar Raspberrry - Medium (25oz as served)	518.30	120.70	0.00	0.00	27.69	0.00	0.00	0.04	0.07	0.00

Latest Update:	15/6/2022	<p>This nutritional information is based on standard average portion size however different serving methods may result in minor variations to actual portion size and therefore nutritional values. While every effort is made to keep this information up to date, from time to time there may be changes to pack size, portion size or product ingredients. Nutritional information is compiled using data received from suppliers and we cannot accept liability for its accuracy or completeness.</p> <p>Please note - not all products are available in all cinemas and some promotional, regional and trial products may not be listed. If you have any queries about the information provided contact ODEON Guest Services (Email: GS@Odeon.co.uk Post: FREEPOST ODEON)</p>
-----------------------	-----------	--

Nutritional information	Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohydrate rate (g)	Carbohydrate rates of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalent (g)	Fibre (g)
Tango Ice Blast No Sugar Raspberry - Large (30oz as served)	621.96	144.84	0.00	0.00	33.23	0.00	0.00	0.05	0.09	0.00
Tango Ice Blast No Sugar Cherry - Regular (16oz as served)	331.42	77.18	0.00	0.00	17.71	0.00	0.00	0.03	0.05	0.00
Tango Ice Blast No Sugar Cherry - Medium (25oz as served)	518.30	120.70	0.00	0.00	27.69	0.00	0.00	0.04	0.07	0.00
Tango Ice Blast No Sugar Cherry - Large (30oz as served)	621.96	144.84	0.00	0.00	33.23	0.00	0.00	0.05	0.09	0.00
Tango Ice Blast No Sugar Lemon - Regular (16oz as served)	331.42	77.18	0.00	0.00	17.71	0.00	0.00	0.03	0.05	0.00
Tango Ice Blast No Sugar Lemon - Medium (25oz as served)	518.30	120.70	0.00	0.00	27.69	0.00	0.00	0.04	0.07	0.00
Tango Ice Blast No Sugar Lemon - Large (30oz as served)	621.96	144.84	0.00	0.00	33.23	0.00	0.00	0.05	0.09	0.00
Tango Ice Blast No Sugar Bubblequum - Regular (16oz as served)	331.42	77.18	0.00	0.00	17.71	0.00	0.00	0.03	0.05	0.00
Tango Ice Blast No Sugar Bubblequum - Medium (25oz as served)	518.30	120.70	0.00	0.00	27.69	0.00	0.00	0.04	0.07	0.00
Tango Ice Blast No Sugar Bubblequum - Large (30oz as served)	621.96	144.84	0.00	0.00	33.23	0.00	0.00	0.05	0.09	0.00
Tango Ice Blast No Sugar Orange - Regular (16oz as served)	331.42	77.18	0.00	0.00	17.71	0.00	0.00	0.03	0.05	0.00
Tango Ice Blast No Sugar Orange - Medium (25oz as served)	518.30	120.70	0.00	0.00	27.69	0.00	0.00	0.04	0.07	0.00
Tango Ice Blast No Sugar Orange - Large (30oz as served)	621.96	144.84	0.00	0.00	33.23	0.00	0.00	0.05	0.09	0.00
Tango Ice Blast No Sugar Kiwi & Strawberry - Regular (16oz as served)	331.42	77.18	0.00	0.00	17.71	0.00	0.00	0.03	0.05	0.00
Tango Ice Blast No Sugar Kiwi & Strawberry - Medium (25oz as served)	518.30	120.70	0.00	0.00	27.69	0.00	0.00	0.04	0.07	0.00
Tango Ice Blast No Sugar Kiwi & Strawberry - Large (30oz as served)	621.96	144.84	0.00	0.00	33.23	0.00	0.00	0.05	0.09	0.00
Tango Ice Blast No Sugar Dark Cherry No Sugar (Limited Edition) - Regular (16oz as served)	331.42	77.18	0.00	0.00	17.71	0.00	0.00	0.03	0.05	0.00
Tango Ice Blast No Sugar Dark Cherry No Sugar (Limited Edition) - Medium (25oz as served)	518.30	120.70	0.00	0.00	27.69	0.00	0.00	0.04	0.07	0.00
Tango Ice Blast No Sugar Dark Cherry No Sugar (Limited Edition) - Large (30oz as served)	621.96	144.84	0.00	0.00	33.23	0.00	0.00	0.05	0.09	0.00
Low Alcohol - Alcohol Range										
Heineken 0.0 330ml NRB 330 ml	293.70	69.30	0.00	0.00	15.84	4.29	0.00	0.01	0.03	0.00
Eden Mill 0% Original Gin & Tonic 250 ml	377.50	87.50	0.00	0.00	21.50	21.50	0.00	151.00	377.50	0.00
Seedlip Grove 42 0% 50ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ODEON LEICESTER SQUARE RETAIL										
Ingredients Per 100g/ml										
Dessert										
Cadbury Single Flake 8.4g	187.15	44.77	2.52	1.51	4.79	4.70	0.65	0.01	0.02	0.20
Judes Very Vanilla - 89g	458.35	109.47	5.70	3.38	11.57	11.57	2.67	0.04	0.09	0.00
Judes Vegan Vanilla - 89g	494.84	118.37	5.34	4.63	16.02	11.57	0.53	0.04	0.10	0.00
Judes Strawberries & Cream - 89g	499.29	118.37	5.61	3.38	14.24	14.24	2.58	0.04	0.09	0.00
Judes Raspberry Ripple - 89g	554.47	131.72	5.70	3.38	17.27	14.06	2.67	0.05	0.12	0.00
Judes Truly Chocolate - 89g	498.40	118.37	5.79	3.20	13.35	12.46	2.85	0.04	0.08	0.00
Judes Mint Choc Chip - 89g	576.72	137.95	7.57	4.45	14.24	14.24	3.20	0.04	0.10	0.00
Judes Salted Caramel - 89g	504.63	120.15	6.23	3.83	13.35	13.35	2.40	0.11	0.27	0.00
Judes Mango Sobert - 89g	280.35	65.86	0.09	0.00	16.02	15.13	0.18	0.00	0.00	0.00
ODEON ISLINGTON RETAIL OFFER										
Ingredients Per Portion										
Mains/Sides										
Avo Grande Avocado Slices - 20g	125.78	30.36	2.60	0.68	1.48	0.04	0.26	0.03	0.07	1.30
CE Mild White Grated - 100g Substitute	1561.00	376.00	31.00	20.00	2.50	0.50	22.00	0.72	1.80	0.00
Charcuti Spanish Chorizo - 30g	460.50	111.00	9.30	3.60	1.14	1.05	5.70	0.46	1.14	0.00
Chef's Larder American BBQ Pulled Pork - 25g Substitute	179.00	42.75	1.73	0.65	3.00	2.75	0.38	0.08	0.21	0.00
Chef's Larder BBQ Pulled Pork 25g	136.00	32.25	0.43	0.18	3.25	2.75	3.75	0.10	0.24	0.00
Chef's Larder BBQ Pulled Pork 50g	272.00	64.50	0.85	0.35	6.50	5.50	7.50	0.19	0.49	0.00
Chef's Larder Beer Battered Onion Rings - 185g	1792.65	427.35	20.35	3.33	53.65	6.29	5.18	0.89	2.22	3.70
Chef's Larder Bran Cracker - 7.2g	138.17	32.90	1.22	0.60	4.61	0.07	0.70	0.05	0.14	0.29
Chef's Larder Burger Sauce 25ml	494.50	119.75	11.50	0.93	3.50	2.15	0.33	0.11	0.28	0.00
Chef's Larder Caesar Dressing - 50ml	949.50	230.00	22.50	1.90	6.00	1.45	0.75	0.28	0.70	0.95
Chef's Larder Caramelised Red Onion Chutney 25g	208.50	49.00	0.00	0.00	11.75	10.25	0.45	0.03	0.08	0.00
Chef's Larder Classic French Dressing - 50ml	1136.00	276.00	29.50	2.45	2.15	1.55	0.25	0.26	0.65	0.00
Chef's Larder Cooked Smoked Streaky Sandwich Bacon 10g	175.90	42.40	3.20	1.30	0.05	0.05	3.20	0.21	0.53	0.00
Chef's Larder Cornish Wafer - 8.5g	177.40	46.28	7.40	6.12	9.16	5.13	5.67	5.03	5.07	5.24
Chef's Larder Cream Cracker - 8g	150.08	35.68	1.20	0.54	5.36	0.12	0.78	0.04	0.10	0.28
Chef's Larder Crunch Extra Mature Cheddar - 40g	691.60	166.80	14.40	9.60	0.20	0.20	9.60	0.29	0.72	0.00
Chef's Larder Dixie Chive Cracker - 3.5g	66.85	15.89	0.56	0.25	2.35	0.17	0.33	0.02	0.05	0.12
Chef's Larder Gourmet Burger Buns 89g	975.44	230.51	3.92	1.42	40.05	3.12	8.01	0.29	0.72	1.42
Chef's Larder Gourmet Wild Boar Hot Dogs 150g	1693.50	408.00	34.50	13.50	7.50	3.00	18.00	0.90	2.25	0.00
Chef's Larder Grated Mozz & Chedd Mix - 100g Substitute	1372.00	330.00	25.00	16.00	2.30	0.70	24.00	0.60	1.50	0.00

Latest Update:

15/6/2022

This nutritional information is based on standard average portion size however different serving methods may result in minor variations to actual portion size and therefore nutritional values. While every effort is made to keep this information up to date, from time to time there may be changes to pack size, portion size or product ingredients. Nutritional information is compiled using data received from suppliers and we cannot accept liability for its accuracy or completeness.
Please note - not all products are available in all cinemas and some promotional, regional and trial products may not be listed. If you have any queries about the information provided contact ODEON Guest Services (Email: GS@Odeon.co.uk Post: FREEPOST ODEON)

Nutritional information	Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohydrate rate (g)	Carbohydrate of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalent (g)	Fibre (g)
Chef's Larder Houmous - 160g	1907.20	460.80	40.00	4.00	14.08	0.80	10.56	0.77	1.92	4.00
Chef's Larder Mature Wt Cheddar Slices - 20g Substitute	345.00	83.20	7.00	4.40	0.10	0.10	5.00	0.15	0.38	0.00
Chef's Larder Medium White Cheddar Slices - 20g Substitute	345.00	83.20	7.00	4.40	0.10	0.10	5.00	0.15	0.38	0.00
Chef's Larder Multigrain Cracker - 6.2g	118.92	28.33	1.05	0.43	4.03	0.47	0.56	0.02	0.06	0.35
Chef's Larder Poppy Seed Cracker - 5.8g	113.62	27.09	1.04	0.44	3.71	0.28	0.57	0.02	0.06	0.26
Chef's Larder Premium Gourmet Extra Mature Cheddar Slices 25g	431.25	104.00	8.75	5.50	0.13	0.13	6.25	0.19	0.48	0.00
Chef's Larder Premium Super Skinny Gourmet Julienne Fries 150g	780.00	186.00	4.35	0.60	31.50	0.75	3.45	0.03	0.08	3.15
Chef's Larder Premium Super Skinny Gourmet Julienne Fries 100g	520.00	124.00	2.90	0.40	21.00	0.50	2.30	0.02	0.05	2.10
Chef's Larder Red Cherry Fruit Topping and Pie Filling - 50g	225.00	53.00	0.25	0.05	12.50	10.00	0.25	0.01	0.03	0.00
Chef's Larder Red Cherry Fruit Topping and Pie Filling - 25g	112.50	26.50	0.13	0.03	6.25	5.00	0.13	0.01	0.02	0.00
Chef's Larder Salsa - 25g Substitute	44.00	10.50	0.13	0.03	2.10	1.48	0.33	0.07	0.18	0.00
Chef's Larder Salsa 50ml	103.00	24.50	0.25	0.05	4.00	3.95	0.80	0.15	0.37	0.00
Chef's Larder Salsa 25ml	51.50	12.25	0.13	0.03	2.00	1.98	0.40	0.07	0.19	0.00
Chef's Larder Salt & Black Pepper Cracker - 4.3g	80.11	19.05	0.56	0.25	3.05	0.09	0.40	0.02	0.06	0.17
Chef's Larder Sesame Carlton - 3g	60.51	14.43	0.63	0.26	1.83	0.12	0.28	0.02	0.05	0.11
Chef's Larder Small SF Chicken Fillets - 240g	2224.80	530.40	23.76	10.32	38.40	1.92	38.40	1.25	3.12	0.00
Chef's Larder Super Crisp Skin On Gourmet Fries - 150g	925.50	220.50	7.80	0.90	33.00	0.75	2.85	0.41	1.04	3.45
Chef's Larder Super Crisp Sweet Potato Gourmet Fries - 150g	1186.50	283.50	12.75	1.35	36.00	21.00	3.60	0.23	0.59	5.10
Chef's Larder Sweet Chilli Dipping Sauce - 25ml	186.00	43.75	0.13	0.03	10.75	7.75	0.13	0.05	0.13	0.00
Chef's Larder T&T Stilton - 40g Substitute	680.00	164.00	14.00	9.20	0.00	0.00	9.60	0.32	0.80	0.00
Chef's Larder The Ultimate Chocolate Fudge Cake - 178g	2965.48	708.44	33.82	12.46	89.00	72.98	10.50	0.41	1.03	0.00
Chef's Larder Water Biscuit - 5.4g	92.88	21.98	0.37	0.16	4.05	0.14	0.53	0.02	0.06	0.22
Chef's Larder Wheatshaf Digestive - 12g	241.20	57.60	2.40	1.13	7.68	1.92	1.08	0.05	0.13	0.43
Colla Parmesan Wedge - 20g	330.80	79.60	5.80	3.60	0.00	0.00	6.60	0.12	0.30	0.00
Colman's Wholegrain Mustard - 5g	32.00	7.75	0.38	0.00	0.50	0.35	0.40	0.00	0.15	0.00
Corn Fed Chicken Supreme - 150g	744.00	177.00	4.20	1.22	0.00	0.00	34.50	0.14	0.35	0.00
Delphi Houmous Dip - 160g Substitute	1950.40	472.00	39.42	2.90	12.13	1.76	10.98	0.76	1.89	11.84
Farm Fresh Avocado - 20g Substitute	156.80	8.55	0.35	0.13	0.60	0.55	0.08	0.02	0.04	0.00
Farm Fresh Baby Plum Tomato - 40g	43.20	10.40	0.20	0.04	1.44	1.44	0.44	0.02	0.04	0.48
Farm Fresh Beef Tomato 12g	10.08	2.40	0.04	0.01	0.37	0.37	0.08	0.00	0.01	0.12
Farm Fresh Cucumbers - 21g	13.65	3.36	0.13	0.02	0.25	0.25	0.21	0.00	0.00	0.15
Farm Fresh Little Gem 12g	7.20	1.68	0.01	0.00	0.17	0.17	0.14	0.00	0.01	0.18
Farm Fresh Spring Onions - 20g	23.20	5.60	0.10	0.02	0.60	0.56	0.40	0.01	0.02	0.30
Fiorello Grated Mozz/Cheddar 70/30 Mix - 100g Substitute	1421.00	340.00	26.10	17.00	TRACE	TRACE	25.60	0.64	1.60	1.00
Fiorello Grated Pizza Mix - 100g Substitute	1287.00	310.00	25.20	14.40	1.00	1.00	20.00	0.64	1.60	1.00
Fiorello Shredded Mozz/Cheddar 80/20 Mix - 100g Substitute	1368.00	330.00	24.80	16.30	TRACE	TRACE	25.60	0.60	1.50	1.00
Florette Baby Leaf - 25g	21.25	5.00	0.00	0.00	0.25	0.08	0.50	0.01	0.03	0.58
Florette Wild Rocket - 25g	23.75	5.75	0.00	0.00	0.23	0.00	0.63	0.01	0.03	0.58
García Baquero Queso Manchego - 40g	776.40	187.20	15.76	11.16	1.36	0.40	10.00	0.30	0.76	0.00
Garlic & Coriander Naan Bread	1059.00	251.00	4.50	0.60	43.30	2.80	8.10	0.40	1.08	2.40
Ginger	334.00	80.00	0.80	0.20	18.00	1.70	1.80	0.01	0.03	2.00
Guacamole - 100g	636.00	152.00	14.00	2.20	7.40	1.90	1.50	0.44	1.10	4.20
Hellmanns Vegan Mayonnaise - 50g Substitute	1370.00	327.50	36.00	2.65	2.00	1.35	0.20	0.00	0.75	0.00
Imokilly Soured Cream - 25g	213.00	51.50	4.50	3.00	1.58	1.10	0.95	0.02	0.03	0.03
Imokilly Soured Cream - 50g	426.00	103.00	9.00	6.00	3.15	2.20	1.90	0.03	0.07	0.05
Jalapenos - 40g	34.00	8.00	0.00	0.00	1.60	0.80	0.00	0.39	0.98	0.80
Large Tortilla Chips - 150g	2896.50	693.00	27.45	2.25	98.55	3.15	7.95	0.65	1.65	9.90
Lion Premium Vegan Mayo 50g	1131.00	275.00	30.00	2.10	1.65	0.75	0.00	0.20	0.56	0.00
Mature Cheese Sauce - 100g	765.00	184.00	13.60	7.40	2.50	0.60	12.70	0.80	1.90	0.20
Merchant Gourmet Authentic Puy Lentils - 25g	345.00	81.75	0.45	0.05	11.25	0.28	6.25	0.00	0.00	4.00
Monterey Jack Grated 100g	1538.00	368.00	30.70	19.00	0.90	0.10	22.80	0.76	1.90	0.00
Moving Mountains Vegan Burger - 113.5g	1270.07	306.45	22.47	19.98	6.92	0.68	16.23	0.50	1.25	5.68
Naked White Cranberry Cheese - 40g	622.00	149.60	11.60	6.40	4.40	4.00	7.20	0.40	1.00	0.00
OK Bell Peppers With Feta - 160g	1275.20	307.20	25.60	8.48	9.60	6.08	8.96	2.37	5.92	0.00
Petit Brie Paysan Breton 40g	596.00	144.00	12.80	9.00	0.80	0.80	6.40	0.22	0.56	0.00
Reggia Plain Neapolitan Pizza Sauce - 75g	135.75	32.25	0.15	0.00	4.80	4.80	1.73	0.20	0.49	2.40
Seedless Red Grapes - 80g	246.40	58.40	0.08	0.00	13.60	13.60	0.48	0.00	0.00	0.48
Shirevale White Stilton & Apricot - 40g Substitute	600.00	143.60	10.00	6.68	7.60	4.12	6.40	0.16	0.40	0.60
Shropshire Blue Quarter - 40g	680.00	164.00	14.00	9.20	0.04	0.04	9.48	0.33	0.84	0.00
Simply Luxury Milk Chocolate Flavour Topping Sauce - 50g	1217.50	293.00	20.80	4.05	22.85	22.10	2.95	0.04	0.09	Not specified
St Pierre Brioche Baguette 85g	1105.00	261.80	5.36	1.11	44.37	9.18	8.08	0.44	1.11	1.96
St Pierre Brioche Burger Buns 50g	663.50	157.50	5.10	1.70	21.75	4.90	5.70	0.22	0.55	1.00
Taste & Glory Vegan Burgers - 113g Substitute	904.00	215.83	9.72	4.63	10.96	0.45	16.95	0.54	1.36	4.86

Latest Update:	15/6/2022	<p>This nutritional information is based on standard average portion size however different serving methods may result in minor variations to actual portion size and therefore nutritional values. While every effort is made to keep this information up to date, from time to time there may be changes to pack size, portion size or product ingredients. Nutritional information is compiled using data received from suppliers and we cannot accept liability for its accuracy or completeness.</p> <p>Please note - not all products are available in all cinemas and some promotional, regional and trial products may not be listed. If you have any queries about the information provided contact ODEON Guest Services (Email: GS@Odeon.co.uk Post: FREEPOST ODEON)</p>									
Nutritional information	Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohydrate rate (g)	Carbohydrate rates of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalent (g)	Fibre (g)	
The Clay Oven Bakery Plain Naan Breads 180g	1787.40	421.20	2.88	0.90	82.08	5.22	14.94	0.83	2.11	4.14	
The Clay Oven Bakery Plain Naan Breads 60g	595.80	140.40	0.96	0.30	27.36	1.74	4.98	0.28	0.70	1.38	
The Fat Chef Bangkok Bad Boy Burger - 150g	1143.00	273.00	6.60	0.90	37.20	12.45	8.70	0.54	1.35	14.85	
Toasted Croutons Original - 25g	434.00	103.00	2.20	0.20	17.25	1.33	3.00	0.16	0.40	1.05	
Violife Mature Slices - 25g	297.50	71.25	5.75	5.25	5.00	0.00	0.00	0.23	0.58	0.00	
Vrysaki Halloumi Log - 40g	534.80	128.80	9.84	6.92	0.88	0.88	9.16	0.48	1.20	0.00	
Yamas Froz Halloumi Fries - 100g	1377.00	329.00	26.40	18.20	1.20	1.20	21.60	1.04	2.60	0.00	
Ultimate Wagyu Beef Burger 170g	1701.70	409.70	28.90	12.41	9.18	0.85	27.20	0.50	1.26	0.00	
Dessert											
Grom Chocolate 75g	737.25	180.00	9.00	5.25	18.00	17.25	4.13	0.02	0.04	0.00	
Grom Pistachio 75g	812.25	194.25	10.50	2.93	20.25	18.75	5.10	0.06	0.16	0.00	
Grom Vanilla 75g	715.50	171.00	9.75	5.25	16.50	15.75	4.20	0.02	0.06	0.00	
Grom Raspberry 75g	376.50	90.00	0.38	0.08	20.25	20.25	0.38	0.00	0.01	0.00	
English Cheesecake Company Red Velvet Cheesecake - 130g	2285.40	546.00	37.31	16.51	46.80	27.82	6.11	0.20	0.49	1.95	
Macphie Ku-ji® Raspberry Fruit Coulis - 25ml	113.25	27.00	0.10	0.03	5.75	5.75	0.43	14.00	0.04	0.00	
Sidoli Gluten Free Vegan Cheesecake - 130g	2142.40	513.50	41.08	17.68	32.50	20.80	1.30	0.09	0.22	0.78	
Churros with Cinnamon Sugar - 90g	1493.10	357.30	19.71	2.16	38.70	3.51	5.58	0.04	0.99	2.16	
Whipping Cream - 35g	548.80	133.35	14.11	8.93	0.95	0.95	0.70	0.01	0.04	0.00	
Garnishes for Cocktails (Odeon Full Bars Only INCL Islington and Leicester Square)											
Limes - 8g	6.64	0.45	0.01	0.00	0.05	0.04	0.03	0.00	0.00	0.02	
Lemons - 10g	7.90	0.34	0.01	0.00	0.03	0.03	0.02	0.00	0.00	0.01	
Oranges - 18g	27.36	1.87	0.04	0.01	0.26	0.26	0.08	0.00	0.01	0.09	
Raspberries - 10g	10.90	0.24	0.00	0.00	0.04	0.04	0.01	0.00	0.00	0.01	
Blackberries - 10g	10.40	0.17	0.00	Trace	0.02	0.02	0.01	0.00	0.00	0.02	
Mint - 1g	1.81	0.43	0.01	0.00	0.05	0.00	0.04	0.00	0.00	0.00	